

Clean Eating

Improving your life one meal at a time.

NOVEMBER/DECEMBER 2014

YOUR Healthy Holiday Issue

65 EASY, DELICIOUS RECIPES

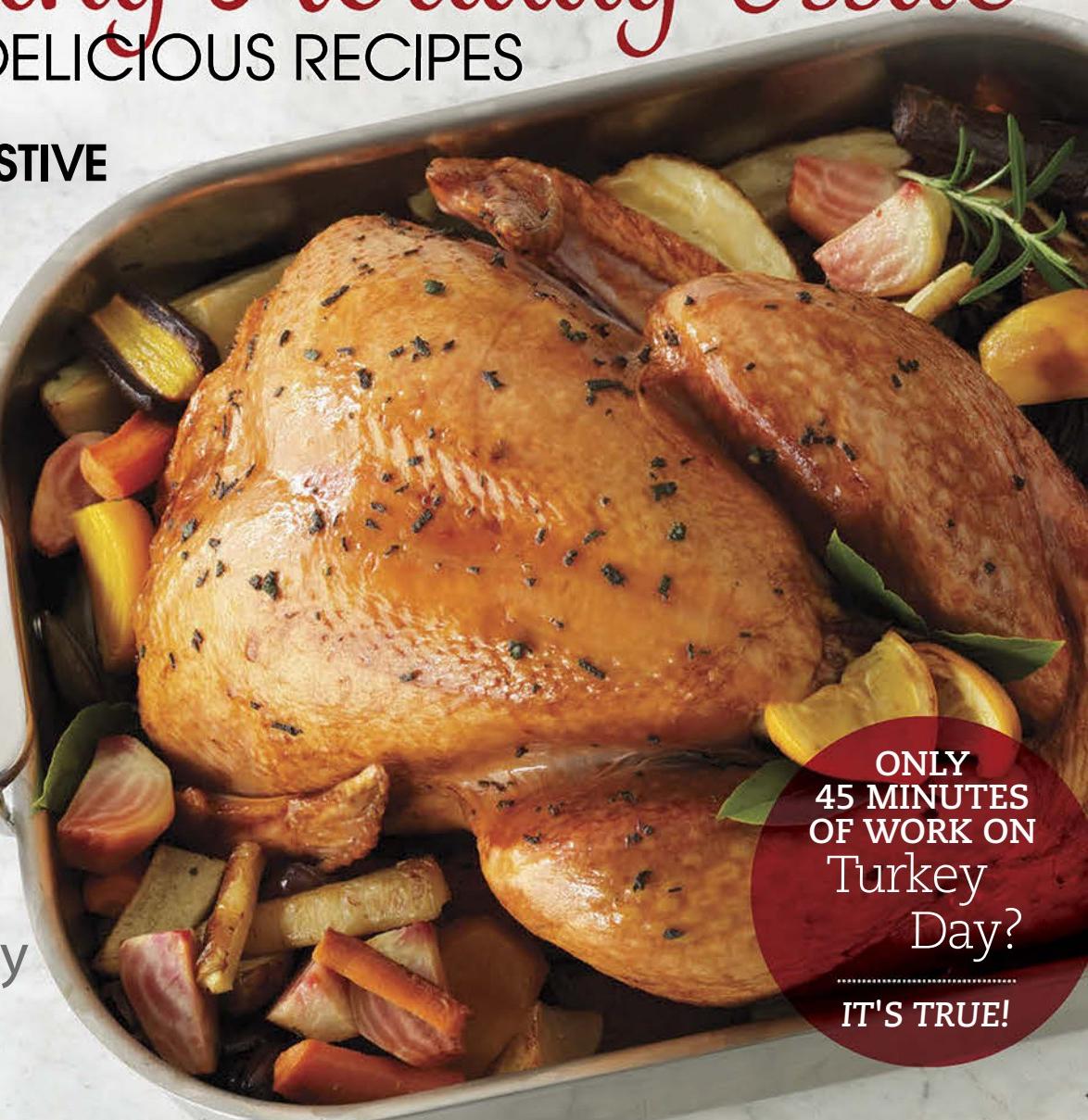
3 PERFECT FESTIVE
MENUS
FOR EVERY
KIND OF
COOK

+ MAKE-AHEAD
GAME PLANS

Insanely
Easy
Weeknight
Dinners
Under \$4!

Burn Fat &
Boost Energy

Your 2-Week
Meal Plan



ONLY
45 MINUTES
OF WORK ON
Turkey
Day?

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The Best
FOODIE GIFTS TO
GIVE (AND GET!)

Stress Less
STAY CALM TO
STAY SLIM

The Simplest Ever
THANKSGIVING
DINNER!

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Clean Eating

NOVEMBER/DECEMBER 2014

The
ENTERTAINING
ISSUE

Navigate the holidays
in good health with
over 60 seasonal recipes
to delight and dazzle
your guests.



On our November/December 2014 cover we feature
Roast Turkey with Sage, Onions & Red Wine Gravy, p. 46.
Photography by Gibson & Smith,
Food styling by Marianne Wren

features

42 YOUR PERFECT HOLIDAY MENU – 3 WAYS!

Traditional, effortless or bold? It's your choice with our 3 spectacular festive menus.

By Jill Silverman Hough

58 WEEKNIGHT SLOW-COOKER MEALS

Dust off your slow cooker for a new season of warming winter meals.

By Marianne Wren

66 INSANELY EASY \$4 MEALS

Please the whole family with 5 super-easy, nutritious meals for under \$4 a plate!

By Dina Cheney

71 YOUR 14-DAY CLEAN EATING MEAL PLAN

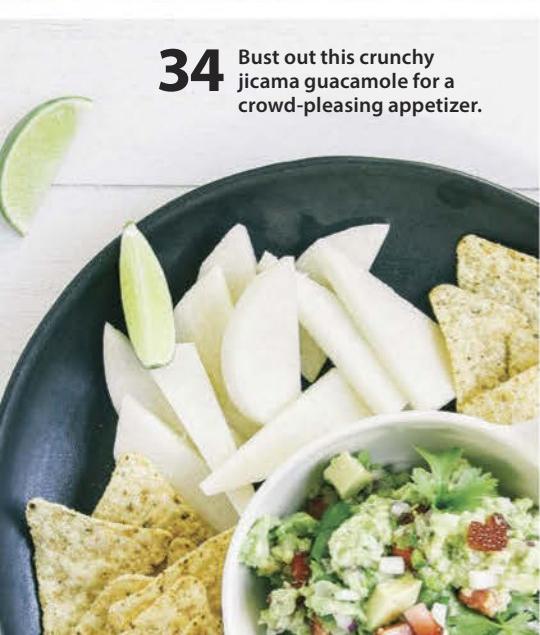
Just because it's the holidays doesn't mean you should fall off the clean-eating wagon. Stay on track and offset some of the indulgence with our 2-week plan! By Heather Bainbridge

Grand Marnier ▶
Soufflés p. 79

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travel well

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Make way for fresh juice with CE's top citrus-press picks.



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Browse the best culinary goodies of the season.



Sustainably Grown

because what begins on our farms, ends at your table.

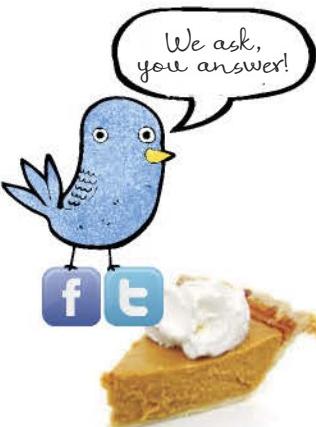
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preparing food for your family.

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Find our recipe for Holiday Cranberry Cake at floridacrystals.com.

what's fresh at cleaneating.com



Clean Eating Fans Have Spoken

What was your favorite childhood holiday dish?

"Mashed potatoes... today I make mashed cauliflower!"
—Yolanda Garcia Davern

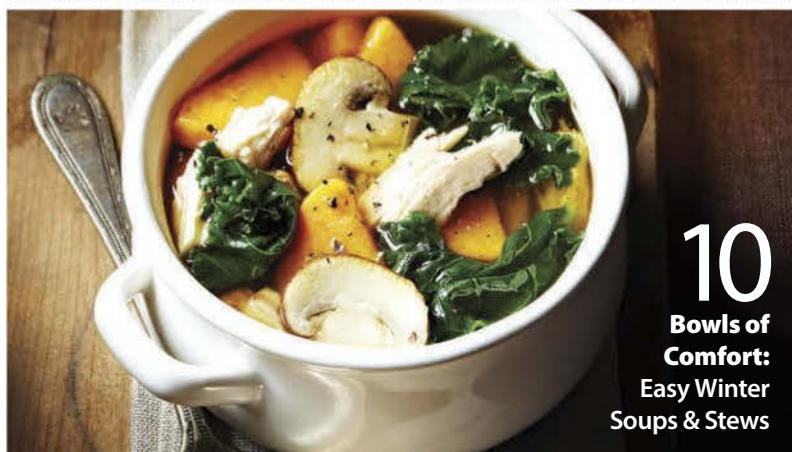
"My grandmother's chocolate cake with caramel frosting. I can't imagine how to make it clean, but I wish I could."
—LaNita Stbelton Gibbs

"Mashed carrots and turnips together."
—Pam Lewis

"Corn casserole and rice pudding."
—Kristin Konopka

"Pumpkin pie."
—Mark Barbieri

"Grandma's homemade ravioli. Mmm."
—Mary Josephine Boroden



Spaghetti Squash with Chicken,
Pears & Parmesan



Peach Streusel Cupcakes

Follow
us on:



What is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation, leading to an improved life – one meal at a time.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least two liters of water a day – preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of anything high in trans fats, anything fried or anything high in sugar.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and our environment.

Shop with a conscience.

Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Slow down and savor. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Make it a family affair. Food is a social glue that should be shared with loved ones. Improve the quality of your family's life along with your own.

Clean Eating
cleaneating.com



Purity, Quality, & Flavor
merits worthy tea bags...

oxygen washed Manila fiber, no epichlorohydrin plasticizers
or chlorine bleach, crimp sealed, with a pure cotton string.

edenfoods.com





Get ready for a meal that elicits oohs and ahhs and has guests calling you up for years to come begging for that “unbelievable mash” recipe and your “unlike-anything-I’ve-ever-tasted-before” cranberry sauce.



The search for your perfect holiday menu ends right here. Use our make-ahead game plans to mingle more and stress less the day of.

Your Ultimate Holiday Planner

Is there anything more exciting than flipping through your favorite food magazines this crisp and cozy time of year and carefully compiling your holiday entertaining menu, the holiday menu to surpass every single festive meal you've ever made before?

A meal that elicits oohs and ahhs and has guests calling you up for years to come begging for that “unbelievable mash” recipe and your “unlike-anything-I’ve-ever-tasted-before” cranberry sauce. We get it; it’s not easy being the brilliant cook you are, searching for days on end for that perfect balance of flavors in a classic but just-different-enough spread that causes you the least amount of stress. That’s why we’re making things easier. This year, we’re delivering everything you could possibly need to host your heart out with smashing success – without the stress. There’s a lot to cover between Thanksgiving and New Year’s, so we enlisted the help of rockstar recipe creator Jill Silverman Hough to create three wildly different holiday feasts – The Traditional, The Bold and The Effortless – to get you from November to January 1st. The beauty of

these mouthwatering meals is that they can be mixed ‘n’ matched for endless entertaining options to get you through every get-together this season. If you’re particularly strapped for time, opt for The Effortless menu and follow the corresponding make-ahead game plan, and you’ll find yourself with just 45 minutes of actual hands-on time the day of your dinner. It doesn’t get any easier than this! And to make up for all the hard labor your guests will think you put in, take a well-deserved break between company and big meals and let your slow cooker do the work while you catch up on the latest Netflix series. Recipe creator Marianne Wren truly outdid herself with these six surprising slow-cooker gems; check out the mile-high Cheesy Kale & Squash Lasagna on p. 60, a delicious meatless option – and a welcome change after all that turkey.

**From our kitchens to yours,
Happy Holidays!**

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 Facebook.com/cleaneatingmag

Alicia Rewega
Editor-in-Chief

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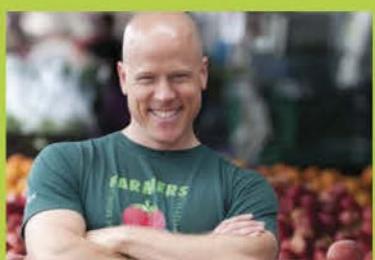


SCAN FOR MORE INFORMATION



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contributors



nathan lyon

CELEBRITY CHEF/COOKBOOK AUTHOR
LOS ANGELES, CA

Featured in this issue's "Cooking With" (p. 32), television host and chef Nathan Lyon dishes on how to make cooking easy, fun and successful by using what's in season as well as ways to reduce your carbon footprint. "For me, clean eating means eating no processed foods," he says. "In fact, my motto and title of my cookbook is Great Food Starts Fresh."



russell gibbs

GRAPHIC DESIGNER/
BEEKEEPER
DUNDAS, ON

Whether he's designing the pages of *Clean Eating* or caretaking 13 colonies of bees, it's all in a day's work for Russell Gibbs as he navigates his way through the different worlds of graphic design and beekeeping. "Without sounding too cliché, I enjoy giving a visual voice to companies and causes that I believe in," says Gibbs, whose work has appeared in everything from award shows and magazine to T-shirts and coffee cups.



amy howard williams

WRITER/RECIPE
TESTER & DEVELOPER/CULINARY
INSTRUCTOR
ATLANTA, GA

For a holiday-worthy dessert, flip to page 88 for Amy Howard Williams' heavenly spiced chocolate mousse. Some of her fave clean eats include squash, which she likes to use for a quick side dish: "Cut acorn squash in half, fill centers with cut up apples, a little butter and maple syrup; bake at 375°F for 1 hour (until a fork easily pierces the squash)," she says.

advisory board // clean eating

Meet Our Experts

Q: What is the safest and most effective way to defrost a turkey?

— Katie Thomas, CINCINNATI, OH

A: The safest way to thaw your turkey is in the refrigerator. It's also the easiest way, as long as you allow plenty of time. Leave the frozen turkey in its sealed package and place breast side up on a rimmed baking sheet to catch any drips. Plan on 24 hours for every 4 pounds at a temperature of 40°F or lower. So, if you have a 16-pound bird, you'll need to let it hang out for four full days. Keep in mind that once it's thawed, the turkey can remain in the refrigerator for one to two days before roasting, so there's no need to cut it too close.

— Julie O'Hara

Nutrition



jonny bowden

PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss, nutrition and health.



tiffany bachus and erin macdonald

Co-owners of the U Rock Girl nutrition and training program ([URockGirl.com](#)), registered dietitians and nutrition, fitness and wellness experts.



Tosca Reno

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Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve health-related conditions including prediabetes, type 2 diabetes and heart disease.

Culinary



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Clean Eating's Resident Foodie, food and travel writer and recipe developer. Her work has been featured in *Shape*, *Vegetarian Times*, *SELF* and *National Geographic Traveler*, among other magazines.



jo lusted

BA
Clean Eating's Resident Chef, culinary instructor, freelance writer and author of *Dish Do-Over* (HarperCollins, 2014). Lusted regularly contributes to a variety of television programs and publications, including *Steven and Chris*.



marianne wren

BA, CC
As both a recipe developer and food stylist, Wren has worked with various print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.



jill silverman hough

BA
Food and wine writer, recipe developer, culinary instructor, author of the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook* (Running Press, 2012).

JULIE O'HARA PHOTO BY PAUL BUCETA; TIFFANY BACHUS & ERIN MACDONALD PHOTO BY JAMES PATRICK; TOSCA RENO PHOTO BY PAUL BUCETA; MARIANNE WREN PHOTO BY PIERRE GAUTREAU; JILL SILVERMAN HOUGH PHOTO BY KEVEN A. SEEVER; HEATHER BAINBRIDGE PHOTO BY GRAIG JOLEY; RUSSELL GIBBS PHOTO BY JIM RYCE; AMY HOWARD WILLIAMS PHOTO BY TOWNSEND WILLIAMS; NATHAN LYON PHOTO BY SARAH FORMAN

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PLEASE NOTE: All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.

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Your CE Recipe Guide

From a triple-threat holiday menu to scrumptious slow-cooker meals, our array of recipes will take you through the season of entertaining.

Legend | • Quick (under 45 minutes) | • Freezable | • Vegetarian (may contain eggs and dairy) | • Gluten-Free

Make it gluten-free ♦ Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari.
All of these ingredients are available in gluten-free and regular varieties.

GRAINS & VEGETABLES



• • •
Cauliflower Mashed Potatoes with Dill
PG 47



• • • • •
Cumin-Roasted Potatoes
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Pastitsio
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POULTRY



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Tex-Mex Grilled
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Chicken Vegetable
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BEEF, LAMB & PORK



Garlic Lamb
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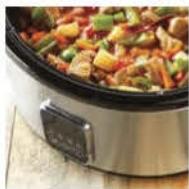
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Pork Loin Roast
WITH BUTTERNUT FONTINA
STUFFING
PG 54



Hearty Beef
Stroganoff
PG 62



Sweet & Sour Pork
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Beef & Chickpea
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Fiery Cranberry
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Spiced Chocolate
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NUTRITIONAL VALUES

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

We Hear You!

Tell us what you thought of this issue by emailing us at CEditorial@aimmedia.com. Plus, get bonus recipes and more clean-eating content on social media.



"I love the new look! Bright colors, fun fonts – you guys have really kicked it up a notch!" – Elizabeth Brunetti



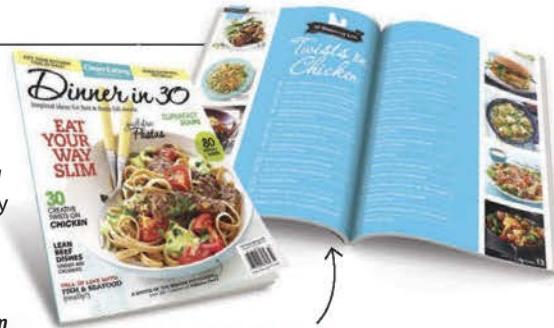
#dinnertonight: @cleaneatingmag's Mediterranean Baked Cod with Sweet Peppers & Chickpea Salad (p. 83, April/May 2014). It was so good. Try it! #delish

—@audrey_kasdorf, via Twitter

A TASTE OF DECADENCE

Pumpkin Pie Bread from the October *Clean Eating* magazine (p. 31) #Yummy #PumpkinPieBread #CleanEatingMag #October #Baking

—@ash_flea, via Instagram



BRAVO!

I just picked up your special edition *Dinner in 30* and wanted to say "Wow!" The twists on chicken alone are outstanding... thank you.

—Sharon Tiano, Fairless Hills, PA

MORE, PLEASE!

Thank you for the Tex-Mex Quinoa Bake from the September 2014 issue (p. 60). This has never happened before – my 7-year-old daughter asked for seconds! I didn't think it was possible, but she cleaned her plate... twice! No coercing.

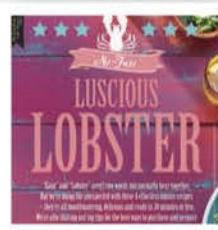
—Emily Ragone, Scottsbluff, NE



UPPING THE ANTE

I took a break from my subscription and recently subscribed again. I have to say, I love the new look! Bright colors, fun fonts – you guys have really kicked it up a notch! Keep it coming!

—Elizabeth Brunetti, Columbia, MD



SHARE YOUR RECIPE SNAPS ON INSTAGRAM WITH HASHTAG #CleanEatingMag

I'm obsessed with this magazine! Most of the recipes I make are found in one of *Clean Eating* mag's issues! Terrific for people like me who constantly enjoy making new things!

—KC Lynn, via Facebook

Made the Chile Chicken & Pinto Bean Quesadillas with Cheese & Greek Yogurt (p. 46, July/August 2014) and everyone in the family loved them! Definitely a keeper!

—Angela Dunsmore Lampani, via Facebook

The recipe in the fall special edition of your magazine for Parchment-Baked Halibut (p. 66, Dinner in 30) is ruined by the addition of the sprigs of rosemary. Halibut is a mild fish that is overpowered by the rosemary.

—Donna Bryce, via Facebook

Sitting with cookbooks and @cleaneatingmag doing some meal planning and prep while watching @RealGrlsKitchen #myideaofSundayfunday

—@MsGTweetsStuff, via Facebook



Cheers!

Your Holiday Menu Just Got Sweeter!

Domino



Organic Blue Agave Nectars

With **Domino®** and **C&H® Organic Blue Agave Nectars**, your holiday menu is complete! Whether the lighter colored syrup or the richer Amber syrup, agave nectars are versatile for sweetening just about every recipe — starting with a flavorful beverage, to the main course and ending with a delicious baked dessert.

Domino® and C&H® Organic Blue Agave Nectars
will make your holidays sweeter!

Agave Eggnog

Ingredients

4 cups whole milk
1 teaspoon vanilla extract
2 cinnamon sticks
4 whole cloves
10 large egg yolks
3/4 cup Domino® or C&H®
Organic Blue Agave Syrup
1/4 teaspoon salt
1 cup half-and-half
2 teaspoons vanilla extract
1/2 teaspoon ground nutmeg
Agave Whipped Cream

Instructions

In a medium saucepan combine first 4 ingredients. Cook mixture over low heat 30 to 40 minutes until it reaches a low boil, stirring occasionally. Remove from heat; strain to remove cinnamon sticks and cloves.

In a large stainless steel bowl, whisk egg yolks, agave nectar and salt until frothy. Slowly pour hot milk mixture into bowl, whisking constantly.

Pour mixture into saucepan, return to stove and cook over low heat, whisking constantly until it reaches 160°F. Continue cooking 1-2 minutes until it thickens slightly. Stir in half-and-half and additional vanilla extract.

Remove from heat. Cool in saucepan for one hour. Transfer into a pitcher or airtight container. Place uncovered in refrigerator 1 hour. Cover and chill overnight. Before serving, garnish each glass with a pinch of nutmeg and **Agave Whipped Cream**, if desired.

Yields 12 – 1/2 cup servings.



Gathering everyone to the table will be easy with this Agave Holiday Ham Glaze.



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YOUR SMART-USE GUIDE

3 ways with meatballs

When company's coming, whip up any of these delicious, melt-in-your-mouth meatballs for a comforting, crowd-pleasing winter meal.

BY AMIE VALPONE,
PHOTOGRAPHY BY LAURA WRIGHT



Garlic Lamb Meatballs

SERVES 4. Preheat oven to 400°F. Mist a large baking dish with **olive oil cooking spray**. In a large bowl, combine 1 lb **lean ground lamb**, 1 large **minced garlic clove**, $\frac{1}{2}$ tsp **dried thyme**, $\frac{1}{4}$ tsp **lemon zest**, $\frac{1}{8}$ tsp **garlic powder**, and **sea salt** and **fresh ground black pepper**, to taste. Mix well to combine. Use your hands to form mixture into 12 balls and transfer to prepared baking dish. Drizzle with 2 tbsp **fresh lemon juice** and bake for 20 to 25 minutes, until meatballs are cooked through and golden brown.

benefit Garlic has antiviral properties and is known to be an immunity booster. It also promotes cardiovascular health by helping to lower blood pressure and prevent blood clots. Fresh lemon helps to cleanse the liver and balance your body's pH level.





Basil Chicken Meatballs

SERVES 4. Preheat oven to 450°F. Mist a large baking dish with **olive oil cooking spray**. In a steamer basket over simmering water on medium, steam 2 cups **baby spinach** until wilted, 1 to 2 minutes. Let cool, squeeze out water and chop. In a large bowl, combine 1 lb **lean ground chicken**, 3 **minced garlic cloves**, 1 **lightly beaten large egg**, 3/4 cup **whole-grain bread crumbs**, 1/4 cup **crumbled feta cheese**, 1 tbsp **finely chopped fresh basil leaves**, **sea salt** and **fresh ground black pepper**, to taste, and spinach; mix well to combine. Use your hands to form mixture into 12 balls. Transfer to prepared baking dish and bake for 15 to 20 minutes, until golden brown and no longer pink inside.

benefit Basil is an excellent source of iron, which determines the oxygen-carrying capacity of the blood, and it exhibits antioxidant activity that protects the body against damage from free radicals. Eggs are a wonderful source of protein as they contain all the essential amino acids. Eggs are also one of the best dietary sources of choline, which is an important nutrient for brain function and the nervous system.



Sesame Tamari Beef Meatballs

SERVES 4. Preheat oven to 500°F. Mist a large baking dish with **olive oil cooking spray**. In a large bowl, combine 1 lb **lean ground beef**, 2 large **chopped scallions**, 1 **lightly beaten large egg**, 1/4 cup **whole-grain bread crumbs**, 3 tbsp **finely chopped fresh cilantro leaves**, 1 tbsp **reduced-sodium tamari sauce**, 2 tsp **sesame oil**, 1 tsp **peeled and minced fresh ginger**, and **sea salt** and **fresh ground black pepper**, to taste; mix well to combine. Use your hands to shape mixture into 12 balls. Transfer to prepared baking dish and bake for 15 to 20 minutes, until golden brown and cooked through.

benefit Ginger is one of the most powerful anti-inflammatory foods as it helps to reduce pain and inflammation in the body. It also stimulates good digestion by helping the body release the enzymes necessary to break down food so that nutrients can be more easily absorbed. Fresh cilantro is known for its ability to detoxify the body and is rich in vitamins A and K.

The Best Gifts to Give (and Get!)



Find the perfect present for the bon vivants and foodies in your life with our gourmet gift guide.

BY LAURA SCHOBER



1 Cherry Moon Farms Vermont Maple Syrup Grading and Infused Sampler Set

Epicureans will delight in the rustic yet sophisticated Cherry Moon Farms Vermont Maple Syrup Grading and Infused Sampler Set. The grading sampler contains four varieties of pure maple syrup while the infused sampler includes a delicious blend of standout flavors such as chai, ginger and habanero pepper. **\$60, cherrymoonfarms.com**

2 Aiya Matcha Green Tea in Deep Soil

The beautiful Aiya Matcha Green Tea in Deep Soil set offers health fanatics everything they need to make matcha the traditional way. The set comes with matcha powder, a bamboo whisk, a bamboo scoop, a tea bowl and an informational DVD. Available in three different grades of matcha (organic, ceremonial or premium). **\$88 to \$110, aiyamatcha.com**



3 Teatulia Tea Medley

Tea connoisseurs are sure to love Teatulia Tea Medley, which contains seven 100% organic teas sourced from the company's lush tea garden in Bangladesh. Housed in an eco-friendly canister, the set's corn-silk pyramid tea bags have extra space for leaves to infuse, resulting in a more flavorful brew. **\$7.50, teatulia.com**

4 Taste of Taza

The Taste of Taza gift set contains eight mouthwatering stone-ground chocolate bars, discs and cacao nibs, all packaged within a lovely, giftable box. With unique and delicious flavors such as Raspberry Nib Crunch, Coconut and Guajillo Chili, this sampler is guaranteed to impress the chocolate lovers in your life. **\$55.50, tazachocolate.com**

5 Bonterra Biodynamic Wines

Bonterra Biodynamic Wines serves up a tasty trio with this elegant set of red and white wines to enjoy throughout the holiday season. The Butler's luscious blackberry and mulberry aromas are accented by hints of smoke and cedar; The Roost, a Burgundian-style Chardonnay, contains notes of lemon, baked apple and crème brûlée; and The McNab's sweet notes of chocolate, vanilla and spice and aromas of cherry and currants are balanced out well by its silky finish.

\$140 per set of three, bonterra.com

bits 'n' bites // four-legged finds

TURKEY PUP-CAKES

RECIPE AND IMAGE BY DOGGYDESSERTCHEF.COM

Treat your precious pup to this drool-worthy holiday treat.



MAKES 36 PUP-CAKES.

INGREDIENTS:

- Olive oil cooking spray
- 1 cup whole-wheat flour
- 1 tsp baking powder
- 1 lb ground turkey, cooked and drained
- 1 4-oz stick organic unsalted butter, room temperature
- 1 egg
- ½ cup whole milk
- ¼ cup dried cranberries
- ¼ cup unsweetened pumpkin purée (not pumpkin pie filling)

INSTRUCTIONS:

one Preheat oven to 350°F. Mist muffin tins with cooking spray or line with paper cups.

two In a medium bowl, mix flour and baking powder. In a large bowl, mix cooked turkey, butter, egg, milk, cranberries and pumpkin purée. Add flour mixture to turkey mixture and stir to combine.

three Spoon batter into muffin tins, filling halfway, using spoon to smooth tops.

four Bake for 20 minutes, or until a toothpick inserted in center comes out clean. (**NOTE:** Bake in batches or on separate racks, switching tray positions halfway.) Cool for 5 minutes in pans; then remove and place on wire racks to cool completely. **TIP:** Top with a scoop of mashed potatoes and parsley for extra fanciness!

***NOTE:** When introducing new foods to your pets, CE recommends first giving them a small amount and keeping an eye out for possible allergic reactions. As always, while you are trying to make a healthier choice for your pet, you may wish to consult with your veterinarian first. They can also inform you of specific breed requirements for a healthy diet.



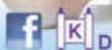
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*No significant difference has been shown in cows treated with the artificial growth hormone rBST and non-rBST treated cows.



The Power of Music

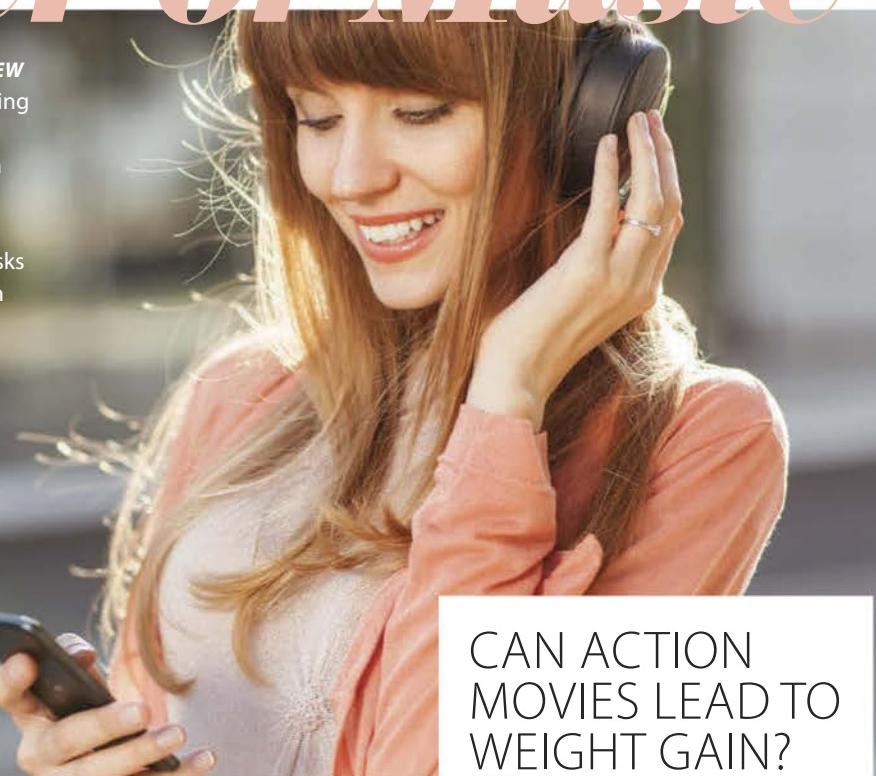


NERVOUS ABOUT A MEETING, JOB INTERVIEW OR A BIG DATE?

Amp yourself up by listening to your favorite song beforehand. In a recent study conducted by Northwestern University, participants who listened to a bass-heavy song before undertaking a series of psychological and behavioral tasks felt more confident and empowered than those who listened to low-bass music.

The top-rated power-boosting songs in the study included

Queen's "We Will Rock You" and 2 Unlimited's "Get Ready for This," but any upbeat, high-bass song you love (that we hope is from this century) should do the trick. Next, researchers want to look into whether listening to empowering music can influence the outcome of marketing campaigns, negotiations and social perceptions. Stay tuned for more developments.



GIRL PHOTO ROCK AND WASP/SHUTTERSTOCK.COM, CANDY PHOTO VOROBIEVA/SHUTTERSTOCK.COM

Can Your Gut Flora Affect Your Mood?



The gut is home to millions of living microbes, which are turning out to have a profound effect on behavior and health. These bacteria – which include "good guys" such as *Lactobacillus* and "bad guys" such as *Candida albicans* – are collectively called the microbiome, and they influence everything from digestive health to immunity to obesity. New research from Tufts University suggests that they may even be affecting our food choices, primarily via the vagus nerve, which connects 100 million cells from the digestive tract to the brain. The study found that microbes can influence our food choices and eating behavior to their benefit. "Microbes have the capacity to manipulate behavior and mood through altering the neural signals in the vagus nerve, changing taste receptors, producing toxins to make us feel bad and releasing chemical rewards to make us feel good," said study co-author Athena Aktipis, PhD. But the good news is that by making healthier dietary choices we can alter our microbiota over time. Though it's too early to make any specific recommendations, the research suggests that controlling our microbiota may be a practical approach to fighting obesity and poor eating habits. It's also becoming clear that probiotics – the "good guys" of the microbiome – are an important part of maintaining a healthy gut. You can get probiotics in fermented foods such as sauerkraut, yogurt, kefir, tempeh and miso, and of course in high-quality probiotic supplements.

CAN ACTION MOVIES LEAD TO WEIGHT GAIN?



Snacking during an action movie or fast-paced television program may cause you to overeat, according to a recent study published in the *Journal of the American Medical Association Internal Medicine*. In the study, 94 American undergraduate students were divided into three groups and asked to watch a segment of an action movie with sound, an action movie without sound or a talk-show segment. During the segments, each group was offered unlimited amounts of M&M's, carrots, cookies and grapes. In both action film groups, viewers became more distracted from the stimulating programs and paid less attention to how much they ate, causing them to eat up to 65% more calories and up to twice as many snacks than the talk-show group. Aim for mindful eating the next time you watch an action flick by planning portions out ahead of time, or try to avoid snacking altogether.

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*Silk Soymilk Original contains 8g protein, 45% DV of calcium, 0.5g saturated fat and 0mg cholesterol; typical 2% dairy milk contains 8g protein and 30% DV of calcium. Dairy data sourced from USDA National Nutrient Database for Standard Reference, Release 25.

ASK OUR

dietitians

Got a food question? We have the answers.

Q What are the benefits of going meatless once or twice a week?

A Changing up your diet to include more plant-based meals is not only good for your health, but it's also good for your wallet and the planet. Numerous studies show that plant-based diets are associated with lower risk of cardiovascular disease, cancer, diabetes and obesity, as well as increased longevity. The key is all the micronutrients (vitamins and minerals), antioxidants and fiber you get from a diet rich in fruit, vegetables, beans, nuts, seeds and whole grains. A meatless meal should contain one-third protein (such as beans, nuts and seeds), one-third fruit or vegetable and one-third whole grain to be complete. Such meals are also budget-friendly as these foods cost less than animal-based foods (meat, chicken and dairy). Additionally, plant-based eating benefits the planet by reducing our carbon footprint and by minimizing agricultural water usage.

Q Kombucha is all the rage – what's so great about it?

A Kombucha is a fermented drink made from sweetened black or green tea that contains a mixed culture of bacteria and yeasts, which is a good source of probiotics. You can purchase kombucha or you can prepare it at home; however, there is the risk of contamination in home-brewed kombucha as some batches can contain aspergillus, a type of toxin-producing fungus. For individuals with compromised immune systems, this is a concern. In rare cases, drinking kombucha has been linked to serious side effects and even death. It has become a very popular drink, especially among celebrities, and there are numerous health claims for kombucha, including promises that it can support the immune system, prevent cancer and improve energy, digestion and liver function. No human studies have been published to support these health claims, and further research is needed to determine whether it offers any real health benefits.

Registered dietitians **Tiffani Bachus** and **Erin Macdonald** are the co-founders and creators of **URockGirl.com**, a website dedicated to promoting wellness and a healthy, balanced lifestyle.



Eggplant photo Marco Mayer/Shutterstock.com

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MAKE YOUR OWN CANDLES FOR JUST \$5 EACH!



You're going to need lots of sweet and clever hostess gifts this season, and getting crafty with homemade candles is the gift that keeps on giving. Using natural essential oil for fragrance and toxin-free, plant-based soy wax means that even your gift giving will be clean and sustainable! Try this fun and easy DIY project that we promise anyone can pull off.

BY LAUREN TOYOTA

What You Need

EQUIPMENT:

- › Glue gun
- › 6 pretabbed, naturally coated cotton wicks
- › 6 8-oz glass jars
- › 6 clothespins
- › Double boiler or 2 different-sized pots
- › Pitcher
- › Spatula
- › Scissors



Soy Candles

Makes 6.

INGREDIENTS:

- › 3 lb soy wax flakes (or 1½ qt melted wax)
- › 3 tbsp fragranced essential oil (such as vanilla, lavender, pine or lemon)

INSTRUCTIONS:

1 Using a glue gun, glue wicks to the bottom center of each jar.

NOTE: Make sure jars are clean and dry.

2 Position a clothespin horizontally across each jar to hold wicks in place.

3 Using a double boiler or 2 different-sized pots, melt wax flakes. If you can't fit all wax flakes into pot at once, add flakes gradually.

4 Once melted, transfer liquid wax to a pitcher. Add 3 tbsp essential oil (1 tbsp per lb of wax flakes) and stir with a spatula until combined and oil is no longer separating.

5 Carefully pour wax into each jar until it reaches just below top edge; use spatula to get all the wax from the sides of pitcher.
TIP: Don't worry if you spill some, as soy wax scrapes off surfaces easily and can be removed from fabric in the wash.

6 Once wax has been poured, do not move candles. Allow to set for at least 24 hours.

7 Once set, trim wicks to ¼ inch.



Lauren Toyota is a Canadian television personality, hobby cook and blogger. She and her partner spend their free time in the kitchen creating tasty recipes and advocating a clean lifestyle through their blog, hotforfoodblog.com. Aside from what's on your plate, Toyota believes that what you put on your body is just as important. On their blog, you'll find quick and easy ideas to transform your life with do-it-yourself, all-natural cleaning and beauty product recipes. She hopes their blog will inspire and motivate people to live a clean, healthy and cruelty-free life.



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bits 'n' bites // clean living

BETTER beauty lines

Rejuvenate dry winter skin with these soothing bath and skin-care products made with clean and simple ingredients.

BY LAURA SCHOBER

1



1 LIKE A TRIP TO THE SPA

Made with gentle cleansers such as jojoba and coconut, Aura Cacia Lavender Aromatherapy Foam Bath leaves your skin feeling silky smooth and soft to the touch. The scent of lavender is well known for its calming and relaxing properties, making this paraben-free sudser the perfect complement to a hot bath when you want to de-stress after a busy day. \$12.50 per 14-oz jar, auracacia.com

3



2



3



2 HEAVENLY SOAPS

Dr. Jacobs Naturals Castile Soaps are crafted with natural ingredients such as coconut oil and sunflower oil, resulting in beautifully scented and moisturizing soaps that will leave your hands feeling soft and smelling glorious. The Castile Soaps come in both unscented and scented varieties, including Rose, Citrus and Almond Honey. \$10 to \$18, drjacobsnaturals.com



Invite Delicious to the Table

Open up your kitchen to a world of organic, gluten-free ancient grains. With tons of tasty options and oh-so-satisfying flavor, you'll never run out of things to love about eating clean.



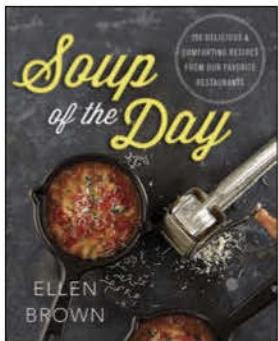
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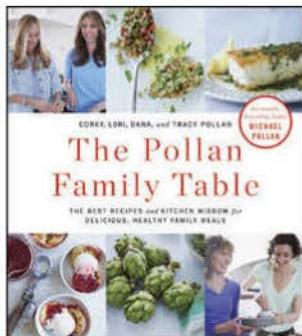
Spice up your recipe repertoire with these two cookbooks that emphasize healthy, home-cooked meals your whole family will love.



SOUP OF THE DAY

An enticing collection of recipes from restaurants across the United States, *Soup of the Day* abounds with tips, tricks and recipes for cooking soups, stews, chowders and stocks to perfection along with delicious recipes for side breads. With over 150 recipes, author Ellen Brown has included soups for every season to keep you satisfied year-round. From a delectable Lobster Bisque to a hearty Chili Soup with Beans, there are options for both meat lovers and vegetarians. You'll also find handy preparation tips and substitution recommendations, making it easy to tweak the recipes to your tastes. As sugar and vegetable oil are used in some recipes, sub in a clean sweetener and clean cooking oil where necessary.

By Ellen Brown (Running Press, \$20)



THE POLLAN FAMILY TABLE

The Pollan Family Table is a lovingly curated cookbook of more than 100 family favorites from Corky, Lori, Dana and Tracy Pollan, the wife and daughters of author, journalist and food activist Michael Pollan. You'll find mouthwatering, clean recipes such as the Bistro Burger with Caramelized Onions and French Lentil Salad with a Touch of Heat as well as helpful cooking tips and shopping lists that make each dish a breeze to navigate. Many of the recipes are abundant in fresh, clean ingredients, and while a few shortcuts are used that aren't part of the clean-eating lifestyle, substitutions can easily be made. The Pollan women make cooking healthy, delicious meals a culinary journey you'll definitely want to experience.

By Corky, Lori, Dana And Tracy Pollan (Scribner, \$30)

CURB CRAVINGS WITH Spinach

WHEN IT COMES TO APPETITE CONTROL, a new study from Lund University in Sweden suggests that spinach may help curb unhealthy food cravings. Thirty-eight overweight women were randomly assigned to one of two groups, where one group was given a supplement of spinach extract and the other was given a placebo. Both groups were given the same instructions to eat three meals a day, to avoid sweet drinks and snacks and to exercise at low intensity for 30 minutes each day. Throughout the three-month study, the supplement group took 5 grams of spinach extract in a blueberry drink every morning before breakfast.

By the end of the study, the supplement group saw their hunger decrease by up to 95% and their weight loss increase by 43%. The researchers attribute the weight loss and appetite reduction to compounds in the spinach called thylakoids, which extend digestion and produce a feeling of satiety.

To reap similar benefits, try adding 5 grams of spinach-extract powder to a smoothie or glass of water each day.



Replace the flour, not your recipe.



When your recipe calls for flour, reach for Bob's Red Mill Gluten Free 1-to-1 Baking Flour.
Gluten free baking has never been so easy.

For deliciously creative gluten free recipe ideas, go to bobsredmill.com

Crack a bottle



Eat, drink and be merry with these gourmet goodies for holiday entertaining.

BY LAURA SCHOBER

Winter White

Offering a hint of sweet vanilla and layered with lemon chiffon, Bartlett pear and toasted brioche, Frey Vineyards Biodynamic Chardonnay 2013 is the perfect organic vino to break open at your next holiday gathering or celebratory event. Serve as an aperitif or with soft cheeses or salmon. \$17, freywine.com

"With holiday party season in full swing, this crowd-pleasing Chardonnay makes a fabulous hostess gift!"

LAURA SCHOBER,
Associate Editor & Research Chief

Apple Bubbly

Delightfully light and crisp tasting, Sonoma Sparkler Organic Apple is a nonalcoholic sparkling juice oozing with champagne qualities. Six varieties of organic apples provide a refined, well-balanced flavor. So sit back, relax and enjoy a glass of apple bubbly without any guilt – after all, you're getting 100% of your daily value (DV) of vitamin C per 8-ounce glass. \$12 to \$32, reedsinc.com

"Perfect for festive dinners when you need a refreshment to please both teetotalers and younger guests."

ANDREA GOURGY,
Food Editor

Festive Indulgence

A cold-pressed, slow-roasted oil with an intensely nutty flavor, Stöger Organic Hazelnut Oil is wonderfully versatile in that it works in baked goods, risottos, salad dressings and more. Drizzle some over pears, roasted veggies, soft cheeses or avocado for a decadent holiday hors d'oeuvre. \$16.50, stogeroil.com

"With its smoke point of 430°F, this works well for high-heat cooking and as a flavor booster for appetizers."

ALICIA REWEGA,
Editor-in-Chief

*Enjoy a delicious celebration of the holiday season
for a festive breakfast or an evening treat. Either
way there's no baking required.*

Pumpkin Spice Smoothie

8 ounces coconut milk

1 scoop vanilla *Sunwarrior Warrior Blend* protein

1 cup organic pumpkin, cooked or canned

1 frozen banana

½ teaspoon nutmeg powder

½ teaspoon cinnamon

Dash cardamom

1 capful *Sunwarrior Liquid Light*

½ teaspoon vanilla

1 tablespoon maple syrup

blend and enjoy



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JUST 1 ORANGE

contains more than 100% of your daily value (DV) of vitamin C. This water-soluble nutrient works as an antioxidant, helping to neutralize free radicals in the body. It is also of key importance in the production of collagen, a protein that makes up our skin, ligaments and bones.



The Perfect Press

Citrus fruits are in their prime right now, and making your own juice is a delicious way to get your daily dose of immune-boosting vitamin C.

We've tested out 4 of the top electric citrus presses out there to help you choose the best one for your needs.

BY ANDREA GOURGY

1 Omega C-10W Juicer

With 3 different juicing-cone sizes, a splash guard and a speed of 150 revolutions per minute, this juicer is fit for even serious citrus aficionados. Dishwasher-safe metal bowl and pulp strainer make for easy cleanup.

PRO: Efficient, relatively quiet and continuous motor makes it ideal for larger batches of juice.

CON: It doesn't have a variable pulp-control option. \$150, omegajuicers.com



2 Breville the Citrus Press

Made of gorgeous die-cast stainless steel (including the juicing cone that comes in contact with your citrus), with a power-assisted arm and a no-drip spout, this juicer marries the best of both looks and performance.

PRO: Cone fits all sizes of citrus, and the power-assisted arm means you don't have to apply a lot of pressure when juicing.

CON: Slightly awkward shape for storage. \$200, brevilleusa.com



3 Black & Decker Citrus Juicer CJ630-2

This juicer's smaller size and thriftier price tag might give you the impression that it doesn't mean business – but it's actually a workhorse. Juicing is effortless and easy on the wrists, as only light pressure is needed.

PRO: It's a cinch to assemble and clean – plus it's BPA-free.

CON: Pulp catcher needs to be rinsed out midway for larger jobs.

\$19, amazon.com



4 Cuisinart Pulp Control Citrus Juicer CCJ-500

This easy-to-use, brushed stainless steel juicer presses the citrus directly into your glass for quick serving and less cleanup. Juicing cone is BPA-free and dishwasher safe.

PRO: It's lightweight and takes up minimal space on your countertop.

CON: The electric cord is a bit short.

\$30, cuisinart.com



FOOD ALLERGIES OR INTOLERANCES? ENJOY PEACE OF MIND AT THE TOUCH OF A BUTTON



**ContentChecked is your one touch shopping assistant
for you or a loved one living with food allergies
and intolerances**



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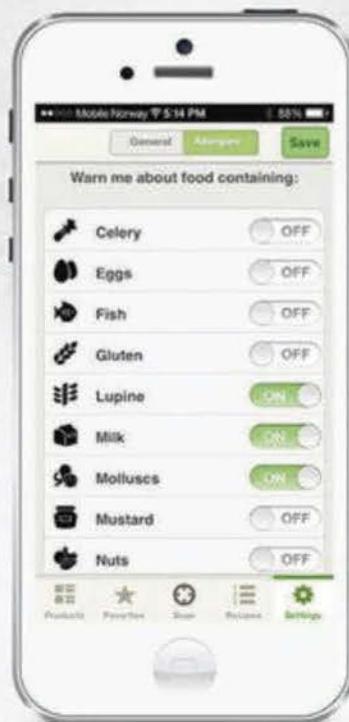
Tailor your food preferences on your personal profile. Next, scan a product's barcode and immediately find out if it's safe to purchase. If not approved, ContentChecked suggests alternatives that you can eat with your specified allergies or intolerance.

EASY SETUP

Download ContentChecked onto your Smart phone or tablet. Register and enter your allergy specs and begin shopping immediately! Simple, easy, and time saving. Additionally benefit from a comprehensive selection of recipes and much more.

ALLERGY-FRIENDLY COOKING

Having ContentChecked in your phone allows you to safely bring food to any social gathering. Become inspired! ContentChecked has gathered the best allergy-adapted recipes in one place, perfect for the holiday season.



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GETTING BACK TO GREEN

Emmy-nominated chef and host of Veria Living's *Good Food America* with Nathan Lyon and co-host of PBS's *Growing a Greener World*, Nathan Lyon took some time out while on the road to remind us of the simple ways to get back to lightening your carbon footprint.

BY ALICIA REWEGA

You talk about eating with the seasons a lot. Why?

Mother Nature puts everything in front of you that you should be eating during that moment. All the things that are in season in summer are actually cooling to the body. And then you

WHEN YOU GROW YOUR OWN FOOD, EVEN IF IT'S JUST AN HERB THAT YOU SNIP OFF AND PUT ON YOUR FISH, IT MAKES IT PERSONAL AND YOU GAIN **THIS UNBELIEVABLY SWEET, NURTURING RESPECT FOR THE PEOPLE THAT GROW YOUR FOOD AND ALSO FOR THE FOOD ITSELF.**

switch to upstate New York in the middle of the winter and you don't want chilled gazpacho, you want something unctuous, warm and stick-to-the-bones – winter squashes, potatoes and root vegetables that you want to turn the oven on for and roast so that when you walk in the door, the house is a little bit warmer and smells amazing. That's why I'm so big into eating with the seasons, because we *should* be eating that way, because we *love* to eat that way. We just don't know it.

Top tips for sourcing healthy and ocean-friendly fish? Download the free Seafood Watch app from Monterey Bay Aquarium. It's a sustainable-seafood guide. Just enter in the type of seafood or sushi you're questioning and it'll pop up whether it's sustainable or not. They do an amazing job!



What questions should I ask my fishmonger?

Your fishmonger is a wealth of information on how to prepare the seafood. When I worked at farmers' markets, every fruit that I would sell was like one of my children. I wanted people to pick out the best ones and know exactly how to pan sauté them with brown butter and cinnamon or make chutney out of them. Fishmongers are no different; they take deep pride in their product. Be flexible and let them guide you. They want what's best for you so that you keep coming back.

What's the best type of meat to buy?

The term "pasture-raised" should be something you're looking for. With beef, you've got the greenhouse gasses that come off of it, the runoff into fields,

water and streams from the half-a-million head of cow in a confined area. When you think about children's books, with cows roaming the countryside eating grass the way they were meant to, that's pasture-raised. It costs a little bit more, but this is the twist: When things cost more, we eat less of them. We also nurture every bite, like a lobster tail or a filet mignon, which we don't eat every day. People want cheap, cheap, cheap, but at the end of the day, cheap is expensive. If people ate pasture-raised beef, chicken and eggs, we'd eat more vegetables and fruits, and as a country we would be a heck of a lot healthier. And we would actually have more money in our pocket.

The most important thing readers can do to contribute to a greener world? Wean yourself off of plastic bags and bring your own bags. At the farmers' markets I give people my ABCs: a)



ask questions, b) bring bags and c) carry cash. Plastics bags don't just go away and you continue hearing about the landfills and the big island of trash near Hawaii. When you bring your own bag people literally say, "Thank you."

Why should readers grow their own food? It gets you so intimate with your food. If you grow a tomato plant you know how much effort it took to grow. If you find a caterpillar eating your tomatoes, you take it personally! Before growing your own food you'd go to supermarkets where you can get 50 chicken breasts for a dollar a pound – and they were not raised well, I can tell you that. If one burns or falls on the ground, it doesn't mean anything because you have 49 more, so you throw it away, and that used to be a living creature. When you grow your own food, even if it's just an herb that you snip off and put on your fish, it makes it personal and you gain this unbelievably sweet, nurturing respect for the people that grow your food and for the food itself.

KITCHEN TOOLS YOU CAN'T LIVE WITHOUT?

MICROPLANE: "I zest a lot of lemons, oranges and limes, things you can't do with a box grater. It's really elegant to zest hard cheeses and chocolate over things and you can make your own garlic paste with it too."



VICTORINOX SWISS ARMY 8" CHEF'S KNIFE:

"I've had it for about 10 years and you can get it for \$34. I have \$200 knives that I rarely use because I have a large hand and the handles aren't big enough. When you go out shopping for a knife, you shop for that knife with the same intensity that you would for a little black dress."



BONUS RECIPE FROM NATHAN!

Ribollita: Tuscan Stew

SERVES 6 TO 8.

INGREDIENTS:

- 3 1-oz slices all-natural nitrate- and nitrite-free bacon, halved lengthwise then cut crosswise into ¼-inch slices
- 3 tbsp extra-virgin olive oil, divided, plus additional for drizzling
- 2 large yellow onions, peeled and finely chopped
- ½ lb (2 to 3 links) fresh hot Italian pork or turkey sausage, casings removed
- 7 carrots, peeled and roughly chopped
- 1 fennel bulb, finely diced
- ¼ tsp red pepper flakes, or to taste
- Fresh ground black pepper, to taste

➤ 7 large garlic cloves, roughly chopped
➤ 1 tbsp unsalted tomato paste
➤ 1 28-oz BPA-free can unsalted diced tomatoes, with juices
➤ 1 15-oz BPA-free can unsalted white beans, drained and rinsed
➤ 4 cups low-sodium chicken broth
➤ ¾ tsp kosher salt, plus additional to taste

➤ 1 bunch dinosaur or curly kale leaves, thick stems discarded, finely chopped (about 5 packed cups)
➤ Parmigiano-Reggiano cheese (not pre-grated), for garnish
➤ 4 slices whole-wheat crostini
(NOTE: Crostini is toasted whole-wheat bread with olive oil and seasoned with salt and pepper.)

INSTRUCTIONS:

ONE: To a small stockpot on medium-low, add bacon and 1 tbsp oil. Cook for 5 to 6 minutes, stirring occasionally, until bacon is just beginning to get crispy.

TWO: To pot, add onions and cook, stirring occasionally, until soft and translucent, 6 to 7 minutes. Add sausage, carrots, fennel, pepper flakes and black pepper and continue to cook for about 10 minutes, stirring occasionally and breaking up sausage into small pieces with the back of a spoon.

THREE: Add remaining 2 tbsp oil, garlic and tomato paste, and cook for 3 more minutes. Stir in tomatoes, beans, broth, ¾ tsp salt and kale. Increase heat to high and bring to a simmer. Reduce heat to low and simmer gently for 30 minutes. Season with additional salt and black pepper.

FOUR: Divide among bowls. Using a vegetable peeler, top each with shavings of cheese. Finish with a drizzle of oil. Serve crostini on the side.

NUTRIENTS PER SERVING (1/6 OF RECIPE):

CALORIES: 459, **TOTAL FAT:** 20.5 g, **SAT. FAT:** 4 g, **MONOUNSATURATED FAT:** 12 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 52 g, **FIBER:** 12.5 g, **SUGARS:** 14 g, **PROTEIN:** 20.5 g, **SODIUM:** 633 mg, **CHOLESTEROL:** 30 mg ☺



HOW TO PREP & SERVE

JICAMA

What You Need:

- Vegetable peeler or paring knife
- Cutting board
- Serrated knife
- Fresh lime juice
- Chile powder and salt

If you were to combine a potato and an apple, you would get something similar to a jicama. Learn more about this versatile root veggie and then give it a valiant whirl.

BY LAURA WALSH, PHOTOGRAPHY BY LAURA WRIGHT

Not only is jicama easy to find, but it's also a seamless addition to a variety of dishes. The hardest part is pronouncing it (either "hik-ka-ma" or "hee-ka-ma" – hint: the "j" is silent). In terms of flavor, this turnip-looking tuber sits on the fence between a fruit and a vegetable. Fresh jicama has a mildly sweet, airy taste and juicy crunch to it – similar to the experience of biting into a water chestnut.

Popular in Latin American cuisine (it's also known as the Mexican potato), jicama can be found year-round in grocery stores in sizes ranging from 8 ounces to 6 pounds. You'll want to buy the small or medium-size jicama because the larger they get, the more fibrous and dry they become. Choose a jicama that isn't shriveled, cracked or soft on the root end (which are red flags that it's been sitting too long). Store this root vegetable in a cool, dark place, such as a pantry or basement, for up to a week, or wrap it in plastic and store in the refrigerator for up to two weeks.



Though it can be served hot or cold, jicama is generally eaten raw. Add some conversation-starting crunch to your next veggie tray by swapping in jicama sticks or slices for traditional carrots and celery. For a fresh appetizer, top slices of jicama with a dollop of tuna or chicken salad, salsa or our jicama guacamole (right). You can also add cool crunch to salads, pizza, tacos and sandwiches by topping them with grated jicama. Jicama warms up well, too – try adding chopped jicama to soups and casseroles in the same way you would add other root vegetables. But the classic way to enjoy this fresh veggie is to simply squeeze lime juice over raw jicama slices and sprinkle them with chile powder and a pinch of salt. It's a fresh and low-calorie snack that will both hydrate you and awaken your taste buds.

Jicama Guacamole

SERVES 12. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

INGREDIENTS:

- **2 avocados**
- **1 tsp coarse sea salt, divided**
- **¼ tsp garlic powder**
- **1 jalapeño chile pepper, seeded and minced**
- **1 cup finely chopped strawberries**
- **½ cup peeled and finely chopped jicama (¼-inch cubes)**
- **⅓ cup minced red onion**
- **⅓ cup lightly-packed chopped fresh cilantro leaves**
- **Juice of 1 small lime**
- **Tortilla chips or crudités, such as jicama slices, for dipping**

INSTRUCTIONS:

ONE: Cut avocados in half and remove pits. Use a spoon to scoop flesh from 3 halves; place in a medium bowl. Peel remaining ½ avocado and finely chop flesh; set aside. Sprinkle ½ tsp salt and garlic powder over avocado in bowl; mash with a fork.

TWO: To bowl, add jalapeño, strawberries, jicama, onion and cilantro; gently fold to combine. Add reserved diced avocado, lime juice and remaining ½ tsp salt; gently fold to incorporate.

THREE: Serve with tortilla chips or crudités (such as raw jicama slices).

NUTRIENTS PER SERVING (1/4 CUP):

CALORIES: 63, **TOTAL FAT:** 5g, **SAT. FAT:** 1g, **MONOUNSATURATED FAT:** 3g, **POLYUNSATURATED FAT:** 1g, **CARBS:** 5g, **FIBER:** 3g, **SUGARS:** 1g, **PROTEIN:** 1g, **SODIUM:** 131 mg, **CHOLESTEROL:** 0mg



Fiber-Rich Tuber

Jicama is high in fiber, providing 6 grams per cup. High-fiber foods such as jicama tend to be nutrient dense, which means they contain more nutrients for fewer calories. One cup contains only 49 calories but also boasts 26 milligrams of vitamin C, or 44% of your daily value (DV), as well as a good amount of water and potassium.

Your Step-by-Step Guide to Slicing Jicama:



Rinse whole jicama under cool, running water. Pat dry with paper towels.



Use a vegetable peeler or paring knife to peel off the thin, brown skin.



Use a large serrated knife to cut jicama in half. Place one half, flat side down, on the cutting board.



Cut each jicama half into 1/4- to 1/2-inch-thick slices.



Depending on your intended use, cut jicama slices into sticks, dice into cubes, or cut halves down to desired size.



The traditional Mexican way to enjoy jicama is to squeeze fresh lime juice over jicama slices or sticks and sprinkle with a dash of chile powder and coarse salt. ☀️



Jicama gives this guacamole a unique and refreshing crunch – everyone will be trying to guess your secret ingredient!



YOUR RESIDENT
FOODIE
JULIE O'HARA

Layer On the INDULGENCE!

We slashed 327 calories per slice, but kept the rich cream cheese frosting and moist, decadent layers.

BY JULIE O'HARA, PHOTOGRAPHY BY LAURA WRIGHT

No offense to pumpkin pie, but I like getting a bit more creative with dessert when the holidays roll around. What better time to be festive and indulgent? The trick, of course, is indulging in those traditional favorites and still being able to fit into your jeans on January 1.

For this year's holiday issue, I wanted to offer a classic dessert that's satisfyingly decadent, as well as a bit unexpected. Since I think there are few things as celebratory as dense, moist cake layers swathed in billowy frosting, I decided to offer my take on a classic spice cake. Although it's been overlooked in favor of trendier choices (anything involving rainbow sprinkles or salted caramel, for example), spice cake is versatile, easy to make and perfect for any special holiday meal.

Creating pudge-free cake

I enjoy doing healthy recipe makeovers on cakes almost as much as I enjoy eating them. Make no mistake, cake recipes are still formulas that should be followed carefully, but here's the thing: They are a lot more flexible than you may have been led to believe.

I've learned that most traditional cakes, especially if the recipe comes from a commercial bakery, contain superfluous amounts of sugar and fat. The sugar can usually be reduced by one-quarter to one-third, and the fat can be slashed as long as other ingredients are present to provide moisture and melt-in-your-mouth

texture. In the case of my spice cake, I knew that a combination of almond flour and traditional pastry flour (whole wheat, of course) would let me get away with just $\frac{1}{4}$ cup of oil, while keeping the cake moist. This is due to the healthy fat in the almond flour, which also adds rich flavor.

As if that weren't enough, almond flour, along with those wonderful warm spices, intensifies the sweetness of the maple sugar. This almost magical combination of ingredients makes it possible to use just 1 cup of sugar, while other recipes might use double that amount.

Healthy frosting?

Healthy frosting is kind of like the abominable snowman; there's no such thing. But, we can still make our cake topper with clean ingredients that are a big improvement over the toothache-inducing standard. Spice cakes are often finished with cream cheese frosting, and I saw no reason to break with tradition. I'd hoped to sweeten the frosting with maple syrup, but despite all my efforts and tinkering, I never ended up with more than a thick glaze.

To get a spreadable frosting, I opted for raw honey and used maple extract and an extra hit of cinnamon to get the flavor I was looking for. The tangy, spiced frosting is smooth, creamy and a perfect complement to the sweet cake. Although we tend to use warm spices more in the fall and winter, this cake is excellent for birthdays, anniversaries or anytime you want to indulge year-round!

No Time for Cake?

If tackling a layer cake doesn't fit into your busy holiday schedule, we've got you covered! These easy, elegant desserts don't require any baking at all. Just remember to give this cake recipe a try when life calms down, perhaps as a late-January pick-me-up!

Dark Chocolate-Dipped Gingersnaps with Sea Salt

Salt: Dip store-bought, all-natural gingersnap cookies in melted dark chocolate, coating half the cookie. Place on a parchment-lined baking sheet and sprinkle with a few crystals of large, flaky sea salt. Refrigerate until chocolate is set and keep refrigerated until ready to serve.

Port-Poached Pears:

In a large saucepan on medium-high, bring 3 cups of ruby port to a simmer; simmer for 5 minutes. Add $\frac{1}{2}$ cup raw honey and simmer until dissolved. Add 4 to 6 peeled, halved and cored pears in a single layer; simmer on medium until tender, 20 to 25 minutes, turning halfway through. Continue simmering the liquid, if necessary, to concentrate flavor and thicken slightly. Serve pears and syrup alone or with all-natural vanilla ice cream.

Sweet & Savory Cheese Plate:

For dessert, you can't go wrong with Brie and Gorgonzola Dolce (both at room temperature). Arrange on a platter with any combo of the following: dried dates/apricots/cranberries, fig jam, fruit chutney, raw honey, roasted almonds, chunks of dark chocolate, fresh grapes, whole-grain crackers.

As a seasoned writer and recipe developer, CE's Resident Foodie Julie O'Hara has delved into everything from restaurant reviews of tasty travel hot spots to offering up her insider tips for preparing a deliciously clean turkey dinner. Her work has also graced the pages of *Shape*, *National Geographic Traveler*, *SELF* and *Vegetarian Times*. Plus, she blogs about cooking! amazingoftastes.com

Spice Cake

WITH MAPLE CREAM CHEESE FROSTING

YOU SAVE: 327 CALORIES,
13 g TOTAL FAT, 51 g SUGARS

SERVES: 12.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 1 HOUR (PLUS
COOLING TIME).

INGREDIENTS:

- Neutral-flavored cooking spray (such as safflower or grape seed)
- 1½ cups whole-wheat pastry flour (**TRY:** King Arthur Flour Whole Wheat Pastry Flour)
- ¾ cup almond flour
- 2½ tsp baking powder
- 2¼ tsp ground cinnamon, divided
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp sea salt
- ¼ tsp ground cloves
- 4 large eggs
- 1 cup fine maple sugar
- ¾ cup milk
- ¼ cup safflower oil
- 1 cup cream cheese, room temperature
- ½ cup raw honey
- ½ tsp maple extract

INSTRUCTIONS:

ONE: Position oven racks in upper and lower thirds of oven and preheat to 325°F. Mist 2 9-inch round nonstick baking pans with cooking spray. Cut out 2 9-inch round pieces of parchment paper and fit inside pans.

TWO: In a large bowl, whisk together pastry flour, almond flour, baking powder, 2 tsp cinnamon, ginger, nutmeg, salt and cloves. Set aside.

THREE: In the bowl of an electric mixer, use a handheld whisk to lightly beat eggs. Add maple sugar, milk and oil and beat with

the mixer's paddle attachment on medium speed until light and frothy, about 3 minutes. (**NOTE:** A handheld electric mixer will also work here.) Add flour mixture in 3 additions and beat each time on low speed, until just incorporated.

FOUR: Divide batter between prepared pans and bake on upper and lower thirds of oven for 15 minutes. Reverse positions and continue baking until edges are golden brown and a toothpick comes out clean, 10 to 13 minutes more (25 to 28 minutes total baking time). Cool cakes in their pans on wire racks for 10 minutes. Invert each cake onto a plate and gently peel off parchment. Invert back onto wire rack so that cakes are right side up. Cool completely.

FIVE: In an electric mixer fitted with paddle attachment (or with a handheld electric mixer), beat cream cheese on medium-high speed until light and fluffy, about 1 minute. Add honey, maple extract and remaining ¼ tsp cinnamon; beat on medium-high until combined, about 1 minute, scraping down sides of bowl as needed. Place 1 cake on a serving platter and spread half of frosting over top. Place second cake on top and spread remaining frosting over top. (**NOTE:** Unfrosted cake may be kept in an airtight container at room temperature overnight. Frosted cake may be refrigerated in an airtight container overnight. Bring to room temperature before serving. This cake is best served within 1 day of baking.)

Nutrients*: THEN AND NOW

Compared with a traditional spice cake**:

| Nutritional Facts | THEN | NOW |
|-------------------|------|-----|
| Calories | 661 | 334 |
| Total Fat (g) | 30 | 17 |
| Sat. Fat (g) | 12 | 5 |
| Carbs (g) | 95 | 40 |
| Fiber (g) | 1 | 4 |
| Sugars (g) | 75 | 24 |
| Protein (g) | 5 | 7 |
| Sodium (mg) | 213 | 298 |
| Cholesterol (mg) | 69 | 85 |

*Serving size is 1/12 of cake

**The cake used for comparison is New Duchess Spice Cake with Maple Buttercream Frosting, based on 12 servings, from allrecipes.com



KEEP CALM AND MERRY ON

6 Stress Relievers
to Ward Off Holiday
Weight Gain.

BY SARAH TUFF

IT'S THE MOST WONDERFUL TIME OF THE YEAR – for some. For others, the whirling weeks between Thanksgiving and New Year's can be one of the more stressful times of the year. And that stress can lead to weight gain and a higher risk for diabetes, among other health problems, according to a study published in 2014 in *Biological Psychiatry*. Ohio State University researchers found that when women experienced one or more stressful events up to 24 hours before eating a high-fat meal, they burned 104 fewer calories over the subsequent seven hours than stress-free participants.

Sure, stressors are unavoidable, and in some cases triggers for better productivity – think deadlines at work. The types of anxiety that arise around the holidays, however, can be surprisingly harmful, but they can also be nipped in the bud with these six tips.



FOR FRESH TWISTS
ON HOLIDAY
CLASSICS, FLIP TO
PAGE 42!

1 ADD NEW TWISTS TO TRADITIONAL HOLIDAY DISHES

Probiotics, found in foods such as yogurt, have recently been proven to lower blood pressure. In one study published in March 2014 in the American Heart Association (AHA) journal *Hypertension*, probiotic consumption "significantly changed" both systolic and diastolic blood pressure,

with even greater effects seen among those who consumed multiple species of probiotics. Meanwhile, lean beef just got a thumbs-up from scientists at Penn State for lowering blood pressure when eaten as part of a DASH (Dietary Approaches to Stop Hypertension)-like eating plan, which includes

fruits, veggies, protein and dairy. The AHA-endorsed DASH eating plan can help lower blood pressure and cholesterol, reducing the risk of cardiovascular disease. The report in the *Journal of Human Hypertension* suggests that a high intake of lean protein can help lower blood pressure.

THE TAKE AWAY: TRY A ROAST IN PLACE OF TURKEY AND EXPERIMENT WITH YOGURT IN DIPS AND SAUCES LIKE OUR CRANBERRY HORSERADISH YOGURT RELISH ON PAGE 55.

2 Get Your Z

Zinc does a body good in many ways, including how it regulates blood pressure and its role in wound and gastric ulcer healing, according to a new report published in *Comprehensive Reviews in Food Science and Food Safety*. Researchers also found that your immune system can become compromised without enough zinc, meaning getting sick can add to the stress. Stay cool and collected by getting at least 8 milligrams of zinc (for women) or 11 milligrams of zinc (for men) a day, the amounts recommended by the National Institutes of Health.



SOME OF THE BEST SOURCES are found at holiday parties, such as oysters, crabmeat and lobster, but a high-quality supplement will cut it too.

3 And Get Your Zs

It's no secret that losing sleep contributes to stress, and that stress leads to even more bouts of insomnia. But a recent study by the American Psychological Association illuminates the impact, concluding that sleep deprivation lowers the psychological threshold for the perception of stress in response to low-stressor conditions. Break out of the sleeplessness-stress cycle by darkening your bedroom and lowering the thermostat to between 60 and 67 degrees Fahrenheit, the proven temperature range for the best sleep as recommended by the National Sleep Foundation. For natural help getting a full eight hours, try a valerian root or a melatonin supplement.

5

SEE THE GLASS HALF FULL

Optimists are naturally better at handling stress than pessimists, proves new research from Concordia University. Scientists discovered that levels of cortisol – the "stress hormone" – are higher among those who have a negative outlook. So if your regular store runs out of cranberries, view it as an opportunity to discover a new gourmet-goods shop nearby instead of seeing it as a waste of your precious time.

6

MAKE NEW PLANS

If going over to Aunt Edna's every year causes a huge family fight, it's time to rearrange your holiday schedule. Poor social relationships, combative families and frequent arguments foster not only stress, but also a higher risk for early death, reveals a 2014 study published in the *Journal of Epidemiology and Community Health*. Dutch researchers collected data on nearly 10,000 men and women aged 36 to 52, and discovered that frequent arguing with family members, partners, friends and neighbors is linked to a doubling or tripling of the risk of death. For potentially volatile situations you simply can't avoid, consider consulting with a cognitive behavioral therapist for suggestions on how to manage the stress, suggests one author of the study. ☐



TAKE CHARGE OF YOUR HEALTH

The most stressful experiences for Americans in the past year were related to health, according to a new study released in July by the Harvard School of Public Health. Researchers found that 49% of the population had a stressful event, and that 43% of those people revealed that the stress arose from health-related problems such as the death of a loved one, illness or disease. Meanwhile, spending time outdoors and eating more healthfully – both activities that improve your long-term health – were also among the most effective coping mechanisms.

PICK
YOUR
PERFECT

Holiday Menu!

BY JILL SILVERMAN HOUGH, PHOTOGRAPHY BY GIBSON & SMITH

THREE **WILDLY DIFFERENT** MENUS
TO CHOOSE FROM.

The
Effortless
p.50

FOOD STYLING BY MARIANNE WREN, PROP STYLING BY GALLIMAUFRY



The Traditional - p.46



The Bold - p.54

We have a holiday menu to suit your style! This year we're featuring three different, amazingly clean and delicious festive spreads – choose your favorite menu, or mix and match to create your family's unique holiday meal.



At your family's holiday table, do you usually opt for a traditional turkey dinner with all the fixings or do you prefer quicker, easier fare? Or perhaps you get a little more adventurous with the menu around the holidays?

No two families are the same, so why should any two holiday meals be the same? This season at *Clean Eating*, we've decided to feature three different holiday menus – each is decadent, festive and unique.

If you're looking for a classic turkey dinner, try our Traditional Menu on page 46. For a speedier take on a traditional holiday meal, flip to page 50 for our Effortless Menu. If you want to flex your culinary muscles this season, then our Bold Menu on page 54 is for you. We've even included a game plan and dessert suggestions for each menu for your smoothest meal prep yet. If you prefer to blaze your own trail, you can also mix and match recipes from all three menus.

So feast your eyes on our largest holiday section yet. These recipes are so incredibly scrumptious and versatile, we're sure they'll carry you right through the season, from Thanksgiving to New Year's!



Classic Dressing,
Heavy on the Veggies
(SEE RECIPE, P.47)



Cauliflower Mashed Potatoes
with Dill
(SEE RECIPE, P.47)



Gingered Cranberry Sauce
(SEE RECIPE, P.47)

The
Traditional

Roast Turkey with Sage, Onions, & Red Wine Gravy

(SEE RECIPE, P.46)

IMPROVE YOUR LIFE

As members of the *allium* family, yellow onions are revered for their sulfur compounds, which may help ward off cancer and protect DNA from damage. Plus, the gravy contains heart-healthy antioxidants thanks to the addition of resveratrol-rich red wine.



And for dessert...

Try pairing this classic meal with our Spice Cake with Maple Cream Cheese Frosting on page 39.

The Traditional



Roast Turkey WITH SAGE, ONIONS & RED WINE GRAVY

SERVES 10 (WITH LEFTOVERS). HANDS-ON TIME: 1 HOUR. TOTAL TIME: 3 HOURS, 30 MINUTES.

This classic holiday turkey is made even more special by adding onions to the roasting pan and a splash of red wine to the gravy. Add additional herbs, roasted vegetables or other trimmings to the platter for added impact.

INGREDIENTS:

- $\frac{1}{4}$ cup chopped fresh sage leaves
- $\frac{1}{4}$ cup olive oil, divided
- 1 tsp each sea salt and fresh ground black pepper, plus additional to taste
- 1 10- to 12-lb turkey, thawed, neck and giblets removed
- Olive oil cooking spray
- 2 cups low-sodium chicken broth, plus additional if needed
- 3 lb yellow onions, cut into $\frac{3}{4}$ -inch wedges
(NOTE: Slice through root end so that each wedge has a bit of root holding it together.)
- $\frac{3}{4}$ cup dry red wine
- $\frac{1}{4}$ cup white whole-wheat flour, dissolved in $\frac{1}{2}$ cup cold water

INSTRUCTIONS:

ONE: In a medium bowl, combine sage, 2 tbsp oil and 1 tsp each salt and pepper. Place turkey on a work surface and gently slip your fingers under the skin to work in herb mixture, distributing it evenly over meat. Set turkey aside for 1 hour at room temperature or covered overnight in the

refrigerator. (**NOTE:** If turkey is marinating in the refrigerator, remove from fridge for about 1 hour to bring to room temperature before proceeding.)

TWO: Preheat oven to 400°F. Set a roasting rack in a roasting pan large enough to hold turkey with about 2 inches room around all sides. Spray rack and pan with cooking spray.

THREE: Arrange turkey, breast side up, on rack. Tie legs together (if they aren't already) and tuck in wings. Add broth to roasting pan, loosely cover turkey with foil and roast for 1 hour.

FOUR: Meanwhile, in a large bowl, toss onions with remaining 2 tbsp oil. Set aside.

FIVE: Remove foil and baste turkey with pan juices. Arrange onion mixture in pan around turkey. Continue roasting uncovered and basting turkey and onions every 20 to 30 minutes, until an internal thermometer inserted into thickest part of thigh and breast without touching bone reads 165°F, 2 $\frac{1}{4}$ to 2 $\frac{3}{4}$ hours total cooking time.

(NOTE: If pan gets dry, add more broth or water to maintain about $\frac{1}{4}$ -inch liquid. If any part of turkey gets too brown, cover it loosely with foil.) Transfer turkey to a cutting board and let rest, loosely covered with foil, for 20 to 30 minutes.

SIX: Meanwhile, carefully strain pan drippings into a measuring cup and set aside to let fat separate. Skim fat from pan drippings. In a medium saucepan on medium-high, combine 1 cup of remaining pan drippings, wine and flour-water mixture and bring to a boil, whisking. Continue whisking until sauce thickens, about 30 seconds. Season with additional salt and pepper and transfer to a gravy boat.

SEVEN: Remove skin and carve turkey. Serve onions and gravy on the side.

NUTRIENTS PER SERVING (4 OZ TURKEY, $\frac{1}{2}$ CUP ONIONS, $\frac{1}{4}$ CUP GRAVY):

CALORIES: 288, **TOTAL FAT:** 9g, **SAT. FAT:** 2g, **MONOUNSATURATED FAT:** 4.5g, **POLYUNSATURATED FAT:** 2g, **CARBS:** 14g, **FIBER:** 2g, **SUGARS:** 6g, **PROTEIN:** 35g, **SODIUM:** 268mg, **CHOLESTEROL:** 115mg



Cauliflower Mashed Potatoes with Dill

SERVES 10. HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 55 MINUTES.

Mashed potatoes are a wonderfully blank canvas that can be enhanced by adding other vegetables to the cooking water. Here, cauliflower adds nutty notes while dill stirred in at the end adds lovely green flecks and a pop of fresh flavor.

INGREDIENTS:

- 2 lb Russet potatoes, peeled and cut into 1½-inch chunks
- 3 cups cauliflower florets
- 1 cup plain whole-milk yogurt (TRY: Stonyfield Organic Smooth & Creamy Whole Milk Plain Yogurt)
- ½ tsp sea salt, plus additional to taste
- 1 tbsp chopped fresh dill, plus small sprigs for garnish

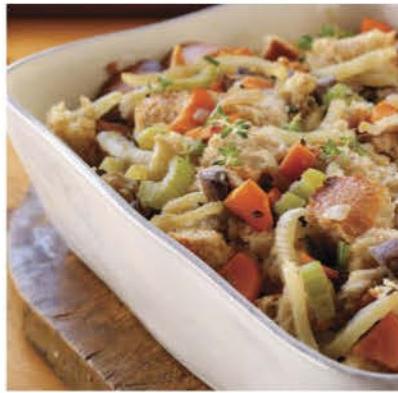
INSTRUCTIONS:

ONE: In a large saucepan or small stockpot on high, add potatoes and cauliflower and cover with cold water by 1 inch. Bring to a boil. Reduce to a simmer and cook until vegetables are very tender, 15 to 18 minutes.

TWO: Drain vegetables and return to pot. Add yogurt and salt and mash with a potato masher to desired consistency. Stir in chopped dill and additional salt. To serve, transfer to a bowl and garnish with dill sprigs.

NUTRIENTS PER SERVING (½ CUP):

CALORIES: 88, **TOTAL FAT:** 1 g, **SAT. FAT:** 0.5 g, **CARBS:** 18 g, **FIBER:** 2 g, **SUGARS:** 3 g, **PROTEIN:** 3 g, **SODIUM:** 120 mg, **CHOLESTEROL:** 3 mg



Classic Dressing HEAVY ON THE VEGGIES

SERVES 10. HANDS-ON TIME: 40 MINUTES.
TOTAL TIME: 1 HOUR, 15 MINUTES.

An abundance of gorgeous fall vegetables embellish this traditional-style dressing.

INGREDIENTS:

- Olive oil cooking spray
- 2 tbsp olive oil
- 2 stalks celery, cut into ¼-inch slices
- 1 carrot, peeled, halved lengthwise and cut into ¼-inch slices
- ½ bulb fennel, cored, halved lengthwise and cut into ¼-inch slices
- 1 yellow onion, cut into ¾-inch dice
- 8 oz brown or cremini mushrooms, halved
- 1½ tsp chopped fresh thyme leaves
- 1½ tsp chopped fresh rosemary leaves
- ½ tsp fresh ground black pepper
- 12 oz fresh-baked crusty whole-wheat bread, cut or torn into ¾-inch pieces
- 1½ cups low-sodium chicken or vegetable broth

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Mist a 2- to 2½-qt casserole dish with cooking spray; set aside.

TWO: In a large skillet on medium, heat oil. Add celery, carrot and fennel and cook, stirring occasionally, for 4 minutes. Add onion and cook, stirring occasionally, for 2 minutes. Add mushrooms and cook, stirring occasionally, until vegetables are very tender, 6 to 8 minutes. Transfer to a large bowl and add thyme, rosemary and pepper. Stir in bread, then add broth and gently stir to evenly moisten. Transfer to casserole dish.

THREE: Cover with foil and bake until heated through, 25 to 30 minutes. Uncover and bake until browned on top, about 20 minutes.

NUTRIENTS PER SERVING (¾ CUP):

CALORIES: 131, **TOTAL FAT:** 4 g, **SAT. FAT:** 0.5 g, **CARBS:** 21.5 g, **FIBER:** 3 g, **SUGARS:** 3 g, **PROTEIN:** 5 g, **SODIUM:** 214 mg, **CHOLESTEROL:** 0 mg



Gingered Cranberry Sauce

SERVES 10. HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 20 MINUTES (PLUS CHILLING TIME).

Ginger and allspice give depth of flavor to this classic cranberry sauce.

INGREDIENTS:

- 2½ cups fresh or frozen cranberries
- ¾ cup organic evaporated cane juice
- 2 tsp peeled and grated fresh ginger
- ¼ tsp sea salt
- ¼ tsp ground allspice

INSTRUCTIONS:

In a medium saucepan on medium, combine all ingredients and ¾ cup water. Bring to a boil, then reduce to a simmer and cook, stirring occasionally, until most cranberries burst, about 10 minutes. Transfer to a resealable container or serving dish and set aside to cool to room temperature. Chill in the refrigerator until ready to serve.

NUTRIENTS PER SERVING (3 TBSP):

CALORIES: 66, **TOTAL FAT:** 0 g, **SAT. FAT:** 0 g, **CARBS:** 17.5 g, **FIBER:** 1 g, **SUGARS:** 15 g, **PROTEIN:** 0 g, **SODIUM:** 49 mg, **CHOLESTEROL:** 0 mg



Cumin-Roasted Potatoes

(SEE RECIPE, P.51)

Lemon- & Rosemary-Stuffed Turkey Breast

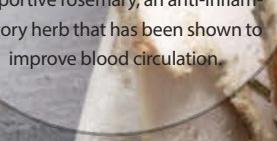
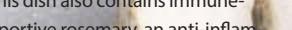
with Lemon Orange Pan Sauce

(SEE RECIPE, P.50)

IMPROVE YOUR LIFE

Protein-rich turkey is chock-full of minerals and vitamins including selenium and B vitamins, which are essential for red blood cell production and cell metabolism.

This dish also contains immune-supportive rosemary, an anti-inflammatory herb that has been shown to improve blood circulation.



Vanilla-Laced Cranberry Sauce

(SEE RECIPE, P.51)

*The
Effortless*

Apple & Blue Cheese Dressing

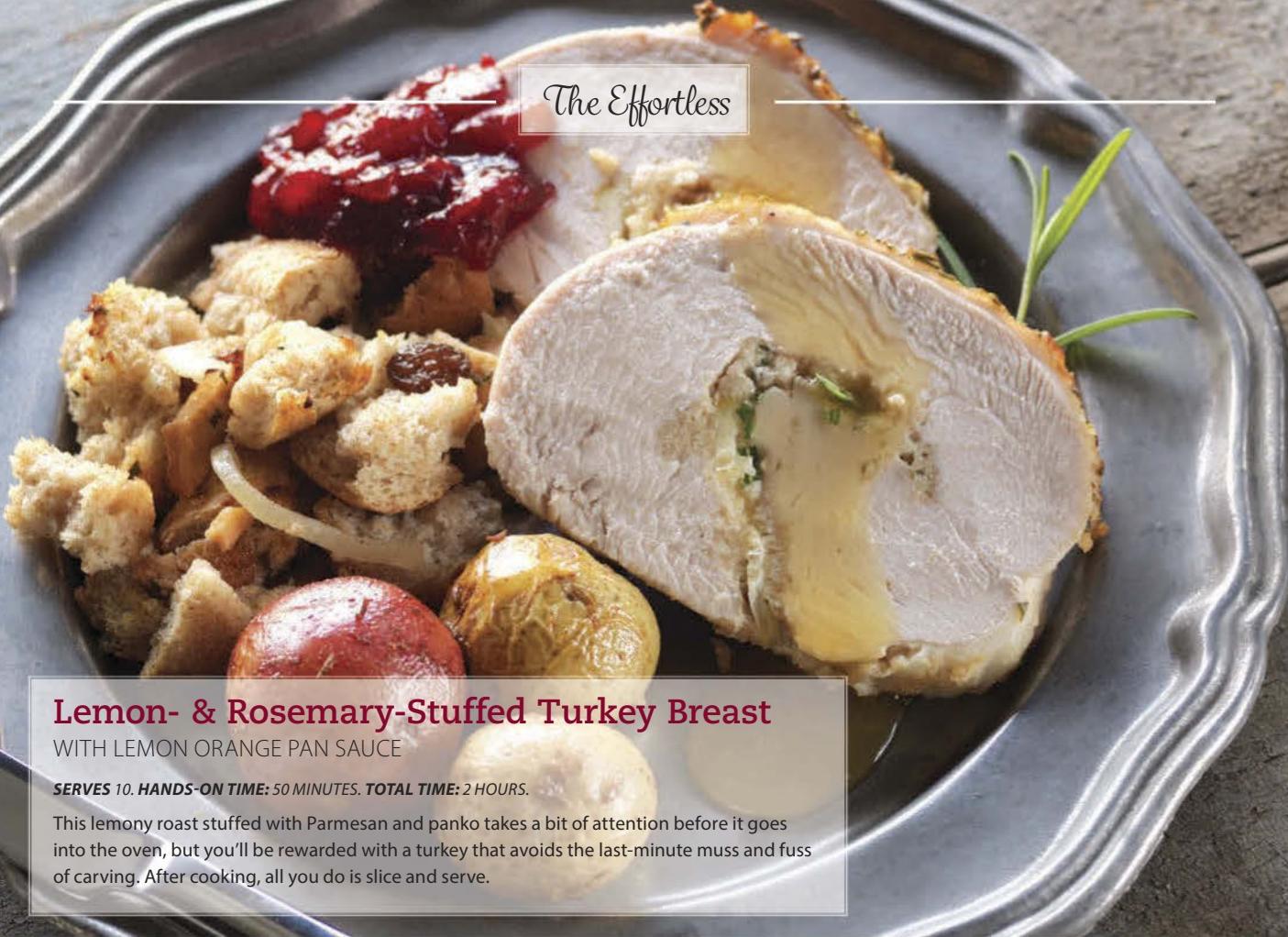
(SEE RECIPE, P.51)



And for dessert...

We suggest finishing this meal
with our Spiced Chocolate Mousse
with Maple Whipped Topping &
Candied Pecans on page 88.

The Effortless



Lemon- & Rosemary-Stuffed Turkey Breast

WITH LEMON ORANGE PAN SAUCE

SERVES 10. HANDS-ON TIME: 50 MINUTES. TOTAL TIME: 2 HOURS.

This lemony roast stuffed with Parmesan and panko takes a bit of attention before it goes into the oven, but you'll be rewarded with a turkey that avoids the last-minute muss and fuss of carving. After cooking, all you do is slice and serve.

INGREDIENTS:

- 2 lemons, divided
- Olive oil cooking spray
- 1 4-lb boneless whole turkey breast (2 halves), skin removed (**NOTE:** You may have to order this in advance.)
- ½ cup whole-wheat panko bread crumbs
- ¼ cup grated Parmesan cheese
- 3 tbsp chopped fresh rosemary leaves, divided
- 1 tsp each sea salt and fresh ground black pepper, divided, plus additional to taste
- 1½ cups low-sodium chicken broth, plus additional if needed
- 1 cup fresh orange juice, divided
- 2 tbsp arrowroot powder, dissolved in 2 tbsp cold water (**TRY:** Bob's Red Mill Arrowroot Starch/Flour)

EQUIPMENT:

- Kitchen string

INSTRUCTIONS:

ONE: Slice 1 lemon very thinly with a mandoline. (**NOTE:** Slice entire lemon,

including peel, to about 1/16 of an inch).

TWO: Preheat oven to 400°F. Arrange a roasting rack in a roasting pan and mist both with cooking spray.

THREE: Arrange turkey skinned side down on a work surface. Using a long, thin knife, cut turkey almost entirely in half parallel to the work surface. (**NOTE:** The long side, which is parallel to where the breast bone would be, should still be attached.) Open turkey like a book and use a meat pounder to pound to ½-inch thick. Arrange lemon slices on turkey, leaving a ½-inch border all around. Top with panko, cheese, 2 tbsp rosemary, and ½ tsp each salt and pepper. Starting at a long end, roll turkey up so the side that had the skin is on the outside, forming a log. Use kitchen string to tie at 1½- to 2-inch intervals. Sprinkle all over with remaining 1 tbsp rosemary and ½ tsp each salt and pepper.

FOUR: Arrange turkey, seam side down, on prepared rack. Add broth and ½ cup orange juice to roasting pan and roast uncovered for 30 minutes.

FIVE: Baste turkey with pan juices. Continue roasting uncovered and basting every 20 to 30 minutes, until an internal thermometer inserted into the center of roll reads 165°F, 1½ to 2 hours total cooking time. (**NOTE:** If pan gets dry, add more broth or water to maintain about ¼ inch liquid.) Transfer turkey to a cutting board and let rest, loosely covered with foil, for 15 minutes.

SIX: Meanwhile, zest remaining lemon and set zest aside. Place roasting pan on stove top, straddled over 2 burners if necessary, and add remaining ½ cup orange juice. Bring to a boil on medium, scraping up any browned bits in pan. Whisk in arrowroot mixture and cook until sauce thickens, 30 to 60 seconds. Stir in lemon zest and additional salt and pepper. Slice turkey crosswise. Serve sauce on the side.

NUTRIENTS PER SERVING (5½ OZ STUFFED TURKEY AND 3 TBSP PAN SAUCE):

CALORIES: 246, **TOTAL FAT:** 4g, **SAT. FAT:** 1g, **CARBS:** 8g, **FIBER:** 1g, **SUGARS:** 2.5g, **PROTEIN:** 43g, **SODIUM:** 434mg, **CHOLESTEROL:** 100mg



Cumin-Roasted Potatoes

**SERVES 10. HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 45 MINUTES.**

Serving roasted potatoes means you're not a slave to the stove; the oven does the work and you get more time with your guests.

INGREDIENTS:

- 2 lb baby or creamer potatoes, 1½ to 1½ inches in diameter (red, white or a combination)
- 2 tbsp olive oil
- 1 tbsp cumin seeds
- 1 tsp paprika
- ½ tsp sea salt

INSTRUCTIONS:

Preheat oven to 375°F. In a large bowl, toss all ingredients. Arrange on a large rimmed baking sheet in an even layer, and bake, tossing halfway, until browned and tender, about 40 minutes.

NUTRIENTS PER SERVING (ABOUT 3 POTATOES):

CALORIES: 102, TOTAL FAT: 3g, SAT. FAT: 0g, CARBS: 16g, FIBER: 1g, SUGARS: 0g, PROTEIN: 2g, SODIUM: 103mg, CHOLESTEROL: 0mg



Apple & Blue Cheese Dressing

**SERVES 10. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 1 HOUR, 15 MINUTES.**

This fruity dressing with fresh marjoram and pungent blue cheese marries well with both sweet and savory dishes on the holiday table.

INGREDIENTS:

- Olive oil cooking spray
- 1 tbsp olive oil
- 1 yellow onion, halved and cut into ¼-inch slices
- 1 cup roughly chopped unsweetened dried apples (½- to 1-inch pieces)
- ½ cup unsweetened raisins (TRY: Newman's Own Organic Raisins)
- ½ cup unsweetened apple juice
- 4½ tsp chopped fresh marjoram leaves
- ½ cup crumbled blue cheese, divided
- ½ tsp fresh ground black pepper
- 14 oz fresh-baked crusty whole-wheat bread, cut or torn into ¾-inch pieces
- 1 cup low-sodium chicken or vegetable broth

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Spray a 2- to 2½-qt casserole dish with cooking spray and set aside.

TWO: In a medium skillet on medium-high, heat oil. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Stir in apples, raisins and juice and bring to a boil. Remove from heat and set aside for 10 minutes to plump the fruit.

THREE: Transfer fruit mixture and any liquid to a large bowl along with marjoram, ¼ cup cheese and pepper. Stir in bread, then add broth and gently stir to evenly moisten. Transfer to prepared casserole dish and sprinkle with remaining ¼ cup cheese.

FOUR: Cover with foil and bake until heated through, 25 to 30 minutes. Uncover and bake until browned on top, about 20 minutes.

NUTRIENTS PER SERVING (¾ CUP):

CALORIES: 197, TOTAL FAT: 4g, SAT. FAT: 1.5g, CARBS: 35.5g, FIBER: 3g, SUGARS: 12g, PROTEIN: 7g, SODIUM: 330mg, CHOLESTEROL: 5mg



Vanilla-Laced Cranberry Sauce

**SERVES 10. HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 20 MINUTES (PLUS CHILLING TIME).**

This sauce features round, floral notes of vanilla to complement the tart sweetness of the cranberries. To make the recipe even more quickly, you could use two teaspoons of vanilla extract, but it won't have the same depth of flavor – or the pretty vanilla-speckled look – of the whole bean.

INGREDIENTS:

- 2½ cups fresh or frozen cranberries
- ¾ cup organic evaporated cane juice
- 1 vanilla bean, split and scraped (NOTE: Don't throw away the pod after scraping it; add it to simmer in the sauce and remove it after cooking.)
- ¼ tsp sea salt

INSTRUCTIONS:

In a medium saucepan on medium, combine all ingredients and ¾ cup water. Bring to a boil, reduce to a simmer and cook, stirring occasionally, until most cranberries have burst, about 10 minutes. Remove vanilla pod, transfer to a resealable container or serving dish and set aside to cool to room temperature. Chill in the refrigerator until ready to serve.

NUTRIENTS PER SERVING (3 TBSP):

CALORIES: 66, TOTAL FAT: 0g, SAT. FAT: 0g, CARBS: 17.5g, FIBER: 1g, SUGARS: 15g, PROTEIN: 0g, SODIUM: 49mg, CHOLESTEROL: 0mg

Fiery Cranberry Sauce

(SEE RECIPE, P.55)

Pork Loin Roast

with Butternut
Fontina Stuffing

(SEE RECIPE, P.54)



And for dessert...

For a daring and delicious ending
to this meal, try our Grand Marnier
Soufflés on page 79.

*The
Bold*

Farro & Dried Fruit Dressing

(SEE RECIPE, P.55)



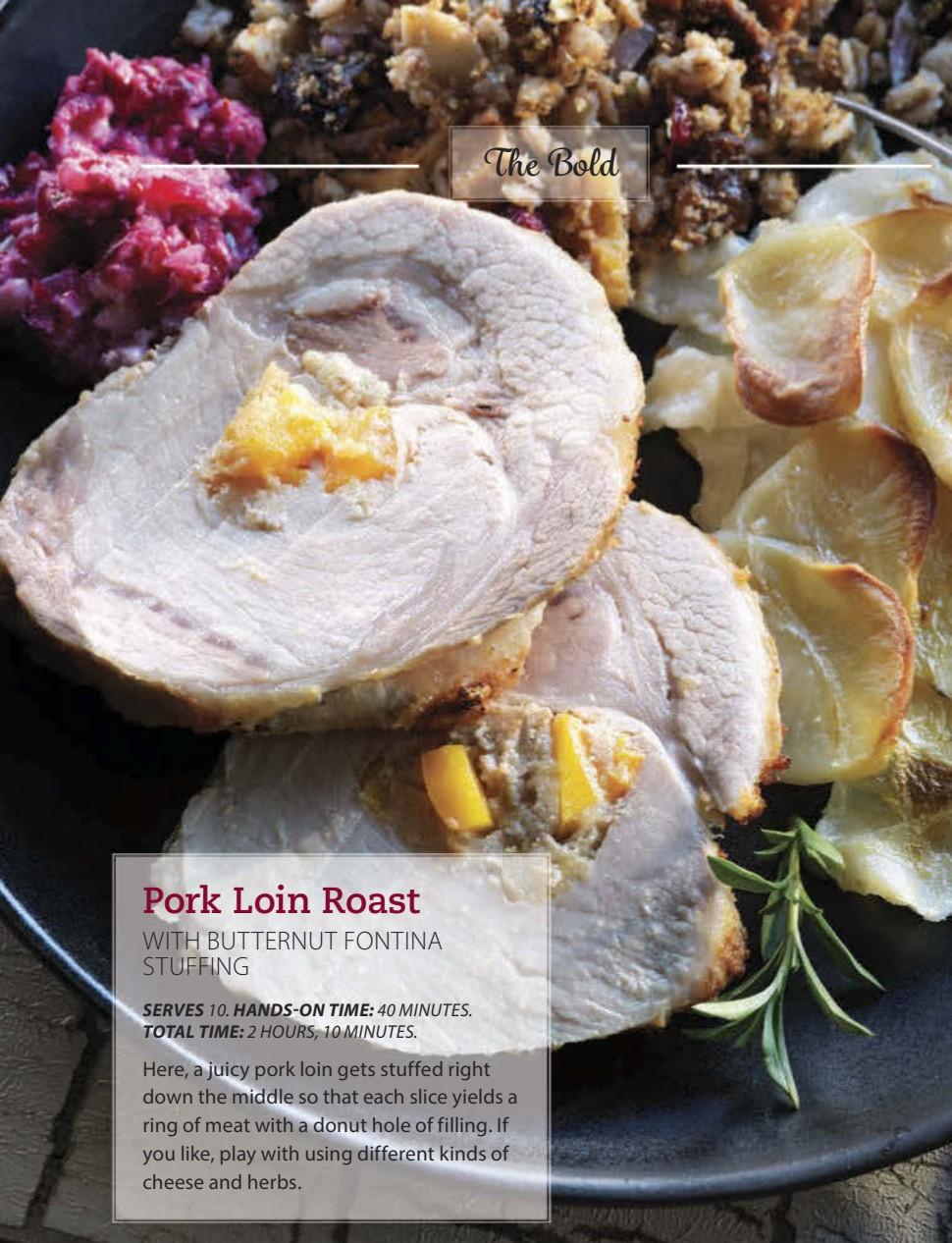
Fennel-Scented Potato Gratin

(SEE RECIPE, P.54)

IMPROVE YOUR LIFE

Russet potatoes are a very good source of fiber, iron and immune-boosting vitamin C. They are also rich in vitamin B₆, a water-soluble vitamin that supports nerve function and assists the body in producing disease-fighting antibodies.

The Bold



Pork Loin Roast

WITH BUTTERNUT FONTINA STUFFING

SERVES 10. HANDS-ON TIME: 40 MINUTES.
TOTAL TIME: 2 HOURS, 10 MINUTES.

Here, a juicy pork loin gets stuffed right down the middle so that each slice yields a ring of meat with a donut hole of filling. If you like, play with using different kinds of cheese and herbs.

INGREDIENTS:

- 1 tbsp olive oil
- 2 cups peeled and diced butternut squash (¼-inch dice)
- ½ cup diced shallots (¼-inch dice)
- 1 cup whole-wheat panko bread crumbs
- 2 tbsp chopped fresh thyme leaves, divided
- 1 tsp each sea salt and fresh ground black pepper, divided
- Olive oil cooking spray
- 1 4-lb boneless pork loin, trimmed
- ½ cup shredded Fontina cheese
- 2 cups low-sodium chicken broth, plus additional if needed

INSTRUCTIONS:

ONE: In a large skillet on medium, heat oil. Add squash and shallots and cook, stirring occasionally, until squash is tender, about 5 minutes. Transfer to a large mixing bowl and stir in panko, 1 tbsp thyme and ½ tsp each salt and pepper. Set aside to cool.

TWO: Preheat oven to 450°F. Set a roasting rack in a roasting pan and mist both with cooking spray.

THREE: Stand pork on end on a work surface and insert a thin-bladed knife down the center to make a 2-inch opening all the way through. Use your fingers and the end of a wooden spoon to force the slit into a 1-inch diameter hole. Stir cheese into squash mixture, then pack mixture into hole, working from both ends of roast.

Sprinkle outside of roast with remaining 1 tbsp thyme and ½ tsp each salt and pepper.

FOUR: Arrange pork, fat side up, on prepared rack. Add broth to roasting pan and roast for 15 minutes.

FIVE: Baste pork with pan juices. Reduce oven to 325°F and continue roasting and basting every 20 to 30 minutes, until an internal thermometer inserted into the center of roast reads 145°F, about 1½ hours total cooking time. (**NOTE:** If pan gets dry, add more broth or water to maintain about ¼-inch liquid.) Transfer pork to a cutting board and let rest, loosely covered with foil, for 15 minutes.

SIX: Meanwhile, scrape up any browned bits in roasting pan. Strain pan juices into a small bowl, cover to keep warm and set aside.

SEVEN: Slice pork crosswise and arrange on a serving platter. Spoon pan juices on top and serve.

NUTRIENTS PER SERVING (5¾ OZ STUFFED PORK AND 2 TBSP PAN JUICES):

CALORIES: 362, **TOTAL FAT:** 15.5g, **SAT. FAT:** 5g, **MONO-UNSATURATED FAT:** 7g, **POLYUNSATURATED FAT:** 2g, **CARBS:** 10g, **FIBER:** 2g, **SUGARS:** 1.5g, **PROTEIN:** 44g, **SODIUM:** 343 mg, **CHOLESTEROL:** 106 mg



Fennel-Scented Potato Gratin

SERVES 10. HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 1 HOUR, 35 MINUTES.

Sometimes called scalloped potatoes, a potato gratin is a beautiful addition to your holiday table. This version has fennel tucked into it, adding a lovely flavor to the dish.

INGREDIENTS:

- 2 cups half-and-half
- ½ cup low-sodium chicken or vegetable broth, plus additional as needed (TRY:

Pacific Foods Organic Low-Sodium Vegetable Broth)

- Olive oil cooking spray
- 4 lb Russet potatoes, peeled and thinly sliced to about $\frac{1}{8}$ -inch (ideally, use a mandoline)
- 1 bulb fennel, halved, cored and thinly sliced to about $\frac{1}{8}$ -inch (ideally, use a mandoline)
- $\frac{3}{4}$ tsp sea salt, divided
- $\frac{1}{2}$ tsp fresh ground black pepper, divided

INSTRUCTIONS:

ONE: Preheat oven to 375°F. In a measuring cup, combine half-and-half and broth and set aside.

TWO: Mist a 2- to 2½-qt casserole dish with cooking spray. Add half of potatoes, arranging them in even layers of overlapping rows (it may be more than 1 layer). Add fennel in an even layer, then sprinkle with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper. Arrange remaining potatoes on top, in even layers of overlapping rows. Pour half-and-half mixture over top of dish. Use your fingertips or a spatula to press potatoes down into liquid; potatoes should be just barely submerged. If not, add more broth. Finish with remaining $\frac{1}{4}$ tsp each salt and pepper.

THREE: Bake for 30 minutes. Use a spatula to moisten top layer of potatoes, pressing them down into the liquid. Continue baking until liquid has absorbed, potatoes are cooked through and top is golden brown, 35 to 45 minutes.

NUTRIENTS PER SERVING (2/3 CUP):

CALORIES: 203, **TOTAL FAT:** 6 g, **SAT. FAT:** 3.5 g, **MONO-UNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 0 g, **CARBS:** 34 g, **FIBER:** 3 g, **SUGARS:** 5 g, **PROTEIN:** 5 g, **SODIUM:** 187 mg, **CHOLESTEROL:** 18 mg



Farro & Dried Fruit Dressing

SERVES 10. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 45 MINUTES.

Making dressing with farro instead of bread is definitely a welcome – and healthy – change of pace.

INGREDIENTS:

- 1½ cups semi-peeled farro
- 2 tbsp olive oil, divided
- 1 cup diced shallots
- 1½ cups chopped unsweetened dried mixed fruit (NOTE: Mix your favorite fruits or look for a packaged mixture.)
- ½ cup low-sodium chicken or vegetable broth
- Olive oil cooking spray
- $\frac{1}{2}$ tsp each sea salt and fresh ground black pepper
- 1 cup whole-wheat bread crumbs, divided
- 1½ tbsp chopped fresh rosemary leaves, divided

INSTRUCTIONS:

ONE: In a large saucepan or small stockpot on high, combine farro and at least 4½ cups water and bring to a boil. Reduce to a simmer, cover and cook until farro is very tender, about 35 minutes.

TWO: Meanwhile, in a medium skillet on medium, heat 1 tbsp oil. Add shallots and cook, stirring occasionally, until tender, about 3 minutes. Stir in fruit and broth and bring to a boil. Remove from heat and set aside for 10 minutes to plump the fruit.

THREE: Preheat oven to 400°F. Mist a 2- to 2½-qt casserole dish with cooking spray and set aside.

FOUR: Drain farro and transfer to a large bowl. Stir in fruit mixture and any liquid, salt, pepper, $\frac{3}{4}$ cup bread crumbs and 1 tbsp rosemary. Transfer to casserole dish. In a small bowl, combine remaining $\frac{1}{4}$ cup bread crumbs, 1 tbsp oil and $\frac{1}{2}$ tbsp rosemary; sprinkle mixture over casserole.

FIVE: Cover with foil and bake until heated through, 25 to 30 minutes. Uncover and bake until browned on top, about 10 minutes.

NUTRIENTS PER SERVING (3/4 CUP):

CALORIES: 231, **TOTAL FAT:** 4 g, **SAT. FAT:** 0.5 g, **CARBS:** 43 g, **FIBER:** 5 g, **SUGARS:** 10 g, **PROTEIN:** 7 g, **SODIUM:** 147 mg, **CHOLESTEROL:** 0 mg



Fiery Cranberry Sauce

SERVES 10. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

Sweet, tart, creamy and warmly spicy, this sauce works as a side dish with meats as well as on sandwiches made with any leftovers.

INGREDIENTS:

- ½ yellow onion, cut into 4 to 6 chunks
- 2 cups fresh or frozen cranberries (thawed if frozen)
- $\frac{1}{3}$ cup organic evaporated cane juice (TRY: Wholesome Sweeteners Organic Sugar)
- 1 tbsp fresh grated horseradish, plus additional to taste
- $\frac{1}{3}$ cup whole-milk plain Greek yogurt
- Sea salt and fresh ground black pepper, to taste

INSTRUCTIONS:

In a food processor, combine onion, cranberries, cane juice and horseradish and pulse to roughly chop. Transfer to a bowl and stir in yogurt, additional horseradish, salt and pepper. Transfer to a resealable container or serving dish and set aside in the refrigerator until ready to serve.

NUTRIENTS PER SERVING (1/4 CUP):

CALORIES: 48, **TOTAL FAT:** 1 g, **SAT. FAT:** 0.5 g, **CARBS:** 10 g, **FIBER:** 1 g, **SUGARS:** 8 g, **PROTEIN:** 1 g, **SODIUM:** 27 mg, **CHOLESTEROL:** 1 mg

The Traditional



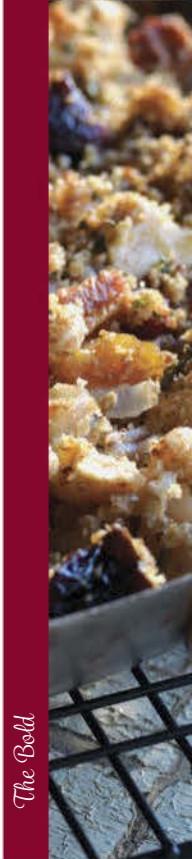
The Effortless

Lemon- & Rosemary-Stuffed Turkey Breast
with Lemon Orange Pan Sauce

Cumin-Roasted Potatoes

Apple & Blue Cheese Dressing

Vanilla-Laced Cranberry Sauce



The Bold



Pork Loin Roast
with Butternut Fontina
Stuffing

**Fennel-Scented
Potato Gratin**

**Farro & Dried Fruit
Dressing**

Fiery Cranberry Sauce

The Traditional Menu

Up to 5 days ahead:

1. Prepare Gingered Cranberry Sauce. Cover and refrigerate.

The day before:

1. Prepare Roast Turkey with Sage, Onions & Red Wine Gravy through Step 1. Cover and refrigerate.
2. Prepare Classic Dressing, Heavy on the Veggies through Step 2. Cover and refrigerate.

The day of:

1. Bring turkey to room temperature, then complete preparation.
2. Bring dressing to room temperature.
3. Prepare ingredients for Cauliflower Mashed Potatoes with Dill.

**Within 1 hour
of serving:**

1. Complete dressing.
2. Complete potatoes.

Pair it With:
Spice Cake with
Maple Cream
Cheese Frosting,
p. 39



The Effortless Menu

Up to 5 days ahead:

1. Prepare Vanilla-Laced Cranberry Sauce. Cover and refrigerate.

The day before:

1. Prepare Lemon- & Rosemary-Stuffed Turkey Breast with Lemon Orange Pan Sauce through Step 3. Cover and refrigerate.
2. Prepare Apple & Blue Cheese Dressing through Step 3. Cover and refrigerate.

The day of:

1. Bring turkey to room temperature, then complete preparation.
2. Bring dressing to room temperature.
3. Prepare ingredients for Cumin-Roasted Potatoes.

Pair it With:
The Creamiest-Ever Chocolate
Mousse, p. 88



The Bold Menu

Up to 3 days ahead:

1. Prepare Fiery Cranberry Sauce. Cover and refrigerate.

The day before:

1. Prepare Pork Loin Roast with Butternut Fontina Stuffing through Step 3. Cover and refrigerate.
2. Prepare Farro & Dried Fruit Dressing through Step 4. Cover and refrigerate.

The day of:

1. Bring pork to room temperature, then complete preparation.
2. Bring dressing to room temperature.
3. Prepare ingredients for Fennel-Scented Potato Gratin.

Pair it With:
Grand Marnier
Soufflés, p. 79



In between holiday get-togethers, having meals that can be easily thrown together is a necessity – enter your slow cooker! Simply set it, forget it and come home to a scrumptious hot meal.

Farro, Shrimp & Tomato Risotto

(See recipe, p. 65)





Let Your **Slow Cooker** Do the Work Tonight

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY GIBSON & SMITH

Cheesy Kale & Squash White Lasagna

SERVES 6. HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 2 HOURS, 30 MINUTES.

Nutrient powerhouses butternut squash and kale add both color and flavor to this creamy, cheesy slow-cooker lasagna.

INGREDIENTS:

- 1 large egg
- 1 cup whole-milk ricotta cheese
- ½ cup grated Parmesan cheese, divided
- 1 tsp dried oregano
- ½ tsp each sea salt and fresh ground black pepper
- 1 cup loosely packed baby spinach leaves, chopped
- 2 cups loosely packed baby kale leaves, chopped
- 3 tbsp organic unsalted butter, divided
(TRY: Horizon Organic Unsalted Butter)

- 1 small yellow onion, finely chopped
- 2 cloves garlic, minced
- 3 tbsp white whole-wheat flour, divided
- 1 cup low-sodium chicken or vegetable broth
- 3 to 4 9 x 6-inch fresh whole-grain lasagna sheets or 6 to 8 dry oven-ready whole-grain lasagna noodles (**TIP:** If using dry oven-ready noodles, soak them in a 9 x 13-inch cake pan filled with hot water for 10 minutes before using.)
- 1 small (about 1-lb) butternut squash, peeled, seeded and thinly sliced
- ½ cup whole milk
- ¼ tsp ground nutmeg

INSTRUCTIONS:

ONE: In a large bowl, combine egg, ricotta, ¼ cup Parmesan, oregano, salt and pepper. Fold in spinach and kale.

TWO: Prepare sauce: In a large pot on medium, melt 2 tbsp butter. Add onions and cook, stirring occasionally, until translucent, about 4 minutes. Add garlic and cook, stirring constantly until fragrant, about 30 seconds. Add 2 tbsp flour and cook, stirring gently, for 1 minute more, until golden. Slowly add broth, whisking constantly and cook until slightly thickened, about 1 minute more.

THREE: Spread 2 tbsp sauce on the bottom of a 5-qt slow cooker. Top with a layer of pasta. (**NOTE:** You'll need 1 to 1½ sheets fresh or 2 to 2½ dried noodles depending on shape of slow cooker, cutting as needed.) Top with one-third of remaining sauce. Spread one-half of cheese mixture followed by one-half of squash. Top with another layer of pasta, one-third of sauce, remaining half of cheese mixture and remaining half of squash. Top with remaining layer of pasta and remaining sauce. Cover and cook on high for 2 hours.

FOUR: In the last 45 minutes of cooking, melt remaining 1 tbsp butter in a small saucepan. Add remaining 1 tbsp flour and cook, stirring constantly, until golden, about 1 minute. Slowly whisk in milk and cook, stirring constantly, until thickened, about 1 minute. Remove from heat and stir in remaining ¼ cup Parmesan and nutmeg. Open lid and pour mixture over lasagna; cover and cook for remaining 30 minutes. Turn slow cooker off and allow to stand for 30 minutes before slicing.

NUTRIENTS PER SERVING (% OF LASAGNA):

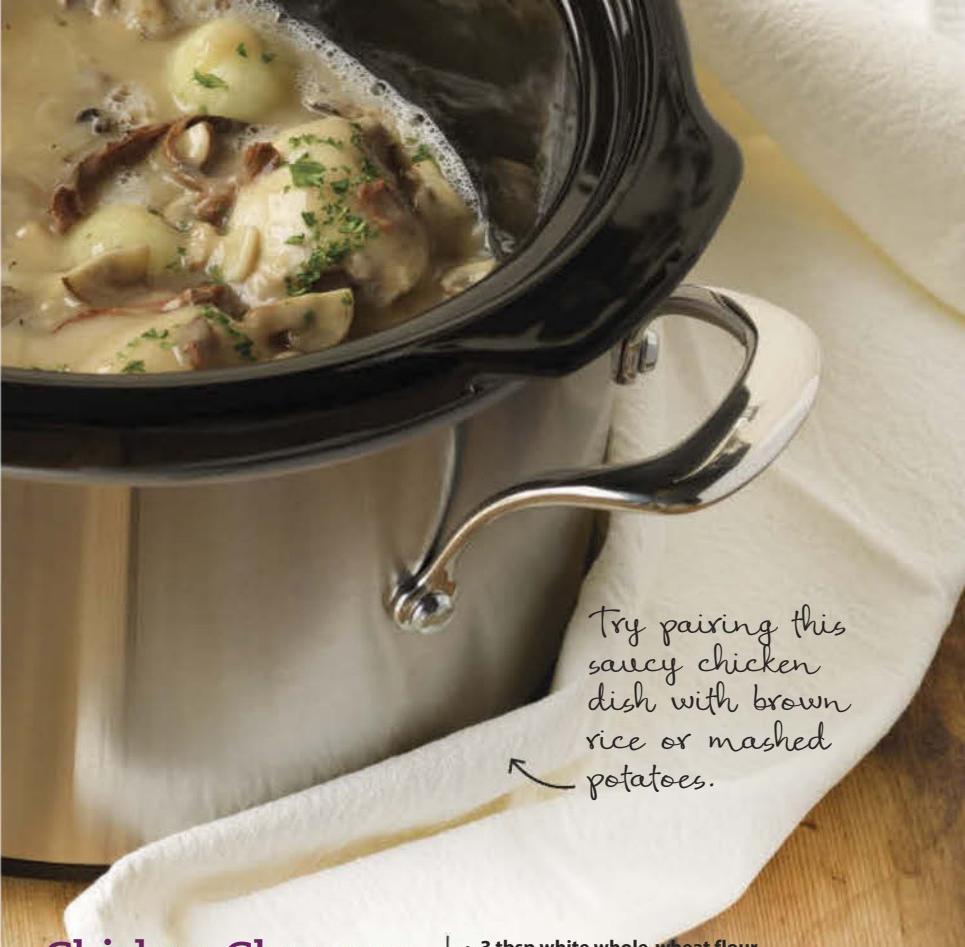
CALORIES: 329, **TOTAL FAT:** 16g, **SAT. FAT:** 9g, **MONOUNSATURATED FAT:** 5g, **POLYUNSATURATED FAT:** 1g, **CARBS:** 31g, **FIBER:** 5g, **SUGARS:** 3.5g, **PROTEIN:** 16g, **SODIUM:** 364mg, **CHOLESTEROL:** 109mg



Improve Your Life:

This decadent lasagna is brimming with good-for-you vegetables. Kale contains glucosinolates, phytonutrients that are converted to cancer-protective compounds in the body. Butternut squash is also a superstar, providing hefty antioxidant power, helping to protect the body's cells from free radical damage.

FOOD STYLING BY MARIANNE WREN, PROP STYLING BY GALIM AUFRY



Try pairing this saucy chicken dish with brown rice or mashed potatoes.

Chicken Chasseur

**SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 3 HOURS, 20 MINUTES.**

A traditional French dish, chicken chasseur, or hunter-style chicken, is a one-pot meal where chicken is combined with mushrooms and white wine. Our recipe, made in the slow cooker, uses both cremini and wild mushrooms for an extra-intense flavor.

INGREDIENTS:

- **1 oz dried mixed wild mushrooms** (**TIP:** A mix of morels, chanterelles, oyster and porcini would work well here.)
- **8 bone-in, skinless chicken thighs** (about 2 lb)
- **1½ tsp fresh ground black pepper**
- **¼ tsp sea salt**
- **8 oz cremini mushrooms, quartered**
- **20 pearl onions, peeled** (**TIP:** To peel pearl onions easily, drop them into a pot of boiling water for 5 minutes, then drain and allow to cool slightly. Simply squeeze them between your fingers to pop them out of their skins.)
- **2 cloves garlic, thinly sliced**
- **1 cup low-sodium chicken broth**
- **½ cup dry white wine**

- **3 tbsp white whole-wheat flour** (**TRY:** King Arthur Unbleached White Whole Wheat Flour)
- **1 tbsp potato flour**
- **¼ cup chopped fresh flat-leaf parsley leaves**

INSTRUCTIONS:

ONE: In a medium heat-proof bowl, pour ¼ cup boiling water over dried mushrooms. Let stand for 5 minutes. Season chicken with pepper and salt and place in a 5-qt slow cooker. To slow cooker, add cremini mushrooms, onions, garlic, broth and dried mushrooms (along with soaking liquid). In a small bowl, whisk together wine and flour until no lumps remain. Add wine-flour mixture to slow cooker and stir; cover and cook on high for 3 hours.

TWO: In the last 30 minutes of cooking, transfer ¼ cup sauce from slow cooker to a heat-proof bowl and whisk in potato flour. Add mixture back into slow cooker, replace lid, and continue cooking for remaining 30 minutes. Garnish with parsley.

NUTRIENTS PER SERVING (2 CHICKEN THIGHS AND ½ CUP SAUCE):

CALORIES: 284, **TOTAL FAT:** 6.5 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 18 g, **FIBER:** 3 g, **SUGARS:** 2 g, **PROTEIN:** 35 g, **SODIUM:** 297 mg, **CHOLESTEROL:** 144 mg



Sweet & Sour Pork

WITH BELL PEPPERS & PINEAPPLE

SERVES 6. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 6 HOURS, 20 MINUTES.

No need to stop for Asian takeout tonight. This dish hits all the sweet, salty and tart notes you'd expect from a decadent stir-fry – you'd never know it came out of your slow cooker! Serve over brown rice.

INGREDIENTS:

- 1½ lb pork tenderloin, trimmed and cut into 1- to 1½-inch chunks
- 1 white onion, peeled and chopped into 1-inch chunks
- 2 cloves garlic, thinly sliced
- 1 small dried hot red chile pepper, whole
- ½ cup low-sodium chicken broth
- ¼ cup reduced-sodium soy sauce
- ¼ cup white vinegar
- 3 tbsp unsalted tomato paste
- 3 tbsp Sucanat
- 2 tbsp organic evaporated cane juice
- 1 tbsp raw honey (**NOTE:** We love the depth of flavor you get from combining these three sweeteners, but if you prefer, you can omit organic evaporated cane juice and increase the honey to 2 tbsp;

TRY: Wholesome Sweeteners Organic Raw Honey

- ½ tsp ground ginger
- ¼ cup fresh orange juice
- 2 tbsp potato flour
- 1 each large green and red bell pepper, seeded and diced
- 1 cup peeled and diced pineapple

INSTRUCTIONS:

ONE: To a 5-qt slow cooker, add pork, onion, garlic and chile. In a large bowl, whisk together broth, soy sauce, vinegar, tomato paste, Sucanat, cane juice, honey and ginger until well combined. Pour mixture over pork and gently stir. Cover slow cooker and cook on low for 6 hours.

TWO: In the last 30 minutes of cooking, combine orange juice and potato flour in a small bowl and whisk until no lumps remain. Add to slow cooker along with bell peppers and pineapple, stirring gently. Replace lid, increase heat to high and cook for remaining 30 minutes. Remove and discard chile before serving.

NUTRIENTS PER SERVING (1 CUP):

CALORIES: 248, **TOTAL FAT:** 3 g, **SAT. FAT:** 1 g, **CARBS:** 28 g, **FIBER:** 2 g, **SUGARS:** 21 g, **PROTEIN:** 26.5 g, **SODIUM:** 447 mg, **CHOLESTEROL:** 74 mg

Hearty Beef Stroganoff

SERVES 6. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 4 HOURS, 20 MINUTES.

Our slow-cooker version of this classic Russian dish has all the flavor and velvety texture of the original recipe but with less fuss. Serve over whole-grain bread noodles or brown rice.

INGREDIENTS:

- 1½ lb beef rump roast, trimmed and thinly sliced into 2-inch strips
- 1½ tsp fresh ground black pepper
- ½ tsp sea salt
- 2 tsp safflower oil
- 1 yellow onion, thinly sliced
- 2 cloves garlic, minced
- ½ cup dry white wine
- ¾ cup low-sodium beef broth, divided
- 3 tbsp white whole-wheat flour
- 2 tbsp Worcestershire sauce
- 8 oz white mushrooms, sliced
- 2 bay leaves
- 1 piece star anise
- ½ cup sour cream (**NOTE:** Nonfat will not work for this use; **TRY:** Green Valley Organics Lactose-Free Sour Cream)



INSTRUCTIONS:

ONE: Season beef with pepper and salt, tossing to coat. Heat a large skillet on medium-high and brush with oil. Working in batches, cook beef, tossing to lightly brown on all sides, 2 to 3 minutes. Transfer to a 5-qt slow cooker. In same pan, add onions and cook, stirring occasionally, until softened, about 3 minutes. Add garlic and cook until fragrant, 30 seconds more. Add onion mixture to slow cooker.

TWO: Reduce heat to medium-low and add wine. Stir to scrape up any browned bits. In a small bowl, combine $\frac{1}{4}$ cup broth with flour and whisk until no lumps remain. Add to skillet with remaining $\frac{1}{2}$ cup broth and Worcestershire sauce and cook, stirring

constantly until slightly thickened, about 1 minute. Add sauce to slow cooker and top with mushrooms. Add bay leaves and star anise. (**TIP:** Make bay leaves and star anise easy to remove by wrapping them in a square of cheesecloth tied with kitchen string. When it's time to remove them, just lift the cheesecloth out of the slow cooker.)

THREE: Cover and cook on high for 4 hours, until beef is fork-tender. To serve, remove bay leaves and star anise and swirl sour cream into the sauce.

NUTRIENTS PER SERVING (1 CUP):

CALORIES: 302, **TOTAL FAT:** 18 g, **SAT. FAT:** 7 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 8 g, **FIBER:** 1 g, **SUGARS:** 3 g, **PROTEIN:** 26 g, **SODIUM:** 305 mg, **CHOLESTEROL:** 91 mg

Improve Your Life:

Beef is rich in both the minerals zinc and selenium. Zinc plays a role in supporting the immune system while selenium is needed for maintaining a healthy thyroid. We suggest opting for grass-fed beef whenever possible.



Improve Your Life:

Chicken is an excellent source of vitamin B₃, or niacin, a water-soluble nutrient that plays a role in converting carbohydrates, protein and fats into energy. Niacin is also necessary for maintaining the health of the nervous system.



This rich, warming chicken pot pie takes only 25 minutes work!

Chicken Pot Pie

WITH CHIVE BISCUITS

SERVES 8. HANDS-ON TIME: 35 MINUTES.
TOTAL TIME: 4 HOURS, 35 MINUTES.

Rich and satisfying old-fashioned chicken pot pie filling is topped with quick homemade biscuits in this family favorite.

INGREDIENTS:

- 4 6-oz boneless, skinless chicken breasts
- 1 tsp fresh ground black pepper
- ½ tsp sea salt
- ½ tsp dried thyme
- 4 small redskin potatoes, scrubbed and diced
- 2 carrots, peeled and diced
- 2 stalks celery, thinly sliced
- 2 tbsp organic unsalted butter
- 2 leeks, halved lengthwise and thinly sliced (white and light green parts only)
(TIP: To clean leeks, slice lengthwise and rinse the dirt out under warm running water, separating the segments to allow the water through.)
- 2 tbsp white whole-wheat flour
- 1 cup low-sodium chicken broth
- 1 cup frozen peas, thawed
- ½ cup whole milk
- 1 tbsp potato starch
- 1 tsp fresh thyme leaves

BISCUITS

- 1½ cups white whole-wheat flour, plus additional for dusting
- 2 tsp baking powder
- ¼ tsp sea salt
- ¼ cup organic unsalted butter, well chilled
- ½ cup whole milk
- 2 tbsp chopped fresh chives

INSTRUCTIONS:

ONE: To a 5-qt slow cooker, add chicken and season with pepper, ½ tsp salt and dried thyme, tossing to coat. Add potatoes, carrots and celery.

TWO: Prepare sauce: In a large saucepan on medium-high, melt 2 tbsp butter. Add leeks and cook, stirring constantly until slightly softened, about 1 minute. Add 2 tbsp flour and cook, stirring constantly until golden, about 1 minute. Whisk in broth and cook, stirring constantly until slightly thickened, about 1 minute more. Add sauce to slow cooker, stirring to evenly distribute. Cover and cook on low for 3½ to 4½ hours, or until potatoes are tender and chicken is no longer pink inside. **(NOTE:** Check chicken and potatoes after 3½ hours, and if chicken is still pink inside, cook for 1 more hour.)

THREE: Remove chicken and transfer to a cutting board; shred using 2 forks. Return chicken to slow cooker and add peas. In a small bowl, whisk together ½ cup milk and potato starch until no lumps remain. Add to slow cooker and stir to distribute evenly. Replace lid and continue cooking for an additional 30 minutes.

FOUR: Just after adding milk mixture to slow cooker, prepare biscuits: Preheat oven to 400°F. Line a baking sheet with parchment paper. In a food processor, pulse 1½ cups flour, baking powder and ¼ tsp salt until well combined. Add ¼ cup chilled butter and pulse until a fine crumb is formed, about 10 pulses. Through the feed tube of processor, stream in ½ cup milk and process until a ball of dough forms. Turn dough out onto a lightly floured surface and knead until no longer sticky; knead in chives. Press dough into an oval shape about the same size as the surface of your slow-cooker lid, about ¼-inch thick. Cut dough into 8 equal parts and place on prepared baking sheet. Bake until golden, 15 to 18 minutes. Top each serving of chicken mixture with 1 biscuit. Garnish with fresh thyme.

NUTRIENTS PER SERVING (1 CUP CHICKEN MIXTURE AND 1 BISCUIT):

CALORIES: 387, **TOTAL FAT:** 13 g, **SAT. FAT:** 7 g, **MONO-UNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 40 g, **FIBER:** 6 g, **SUGARS:** 5 g, **PROTEIN:** 27 g, **SODIUM:** 434 mg, **CHOLESTEROL:** 88 mg



Farro, Shrimp & Tomato Risotto

SERVES 6. HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 2 HOURS, 45 MINUTES.

Nutty, chewy farro is a great stand-in for Arborio rice in this tomato-based risotto dish with fennel and leeks.

INGREDIENTS:

- 28 oz BPA-free canned, jarred or boxed unsalted diced tomatoes with juices
(TRY: Eden Organic Diced Tomatoes)
- 2 large leeks, thinly sliced (white and light green parts only)
(TIP: To clean leeks, slice lengthwise and rinse the dirt out under warm running water, separating the segments to allow the water through.)
- 1 large bulb fennel, cored and thinly sliced
- 2 cups farro, rinsed
- 1½ cups low-sodium chicken broth
- 2 tbsp unsalted tomato paste
- 1 lb medium shrimp, peeled and deveined, thawed if frozen
- 2 tbsp chopped fresh flat-leaf parsley leaves

INSTRUCTIONS:

ONE: To a 5-qt slow cooker, add tomatoes, leeks, fennel, farro, broth, tomato paste and 1½ cups water; stir to break up tomato paste. Cover and cook on high for 2 hours, opening lid to stir gently about every 30 minutes.

TWO: Remove lid, add shrimp and stir to combine. Replace lid and continue cooking for an additional 30 minutes, until shrimp are pink and opaque throughout, stirring once after 15 minutes of cooking. Divide among serving bowls and garnish with parsley.

NUTRIENTS PER SERVING (2 CUPS):

CALORIES: 370, **TOTAL FAT:** 2 g, **SAT. FAT:** 0.5 g, **CARBS:** 63 g, **FIBER:** 10 g, **SUGARS:** 8.5 g, **PROTEIN:** 25 g, **SODIUM:** 151 mg, **CHOLESTEROL:** 106 mg ☺

DINE DECADENTLY *for Under \$4 a Plate!*

This week's worth of thrifty warm-you-up dinners taste so rich and right for the season – all while helping to keep your waistline in check!

BY DINA CHENEY, PHOTOGRAPHY BY LAURA WRIGHT

Tex-Mex
Grilled Chicken
Sandwiches

Grilled
pineapple and
cilantro-lime
avocado give
these budget
sandwiches a
tropical flair!



MONDAY**COST PER PLATE
\$3.08****FULL RECIPE
\$12.30**

Tex-Mex Grilled Chicken Sandwiches

WITH AVOCADO & GRILLED PINEAPPLE

**SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 30 MINUTES.**

Sweet grilled pineapple, rich and creamy mashed avocado and fresh tomato slices impart amazing color, flavor and texture to these satisfying sandwiches.

INGREDIENTS:

- 1 avocado, peeled, pitted and mashed
- 1 tbsp finely chopped fresh cilantro leaves
- 1 tsp fresh lime juice
- $\frac{1}{2}$ tsp sea salt, divided
- 4 5-oz boneless, skinless chicken breasts, each cut in half crosswise to make 2 thin slices
- $\frac{1}{2}$ tsp chile powder
- Pinch fresh ground black pepper
- 4 $\frac{1}{2}$ -inch-thick slices fresh pineapple (**TIP:** Try cutting pieces into $1\frac{1}{2} \times 3$ -inch rectangles to fit perfectly over chicken.)
- 1 tsp safflower oil, divided
- 4 2-oz whole-grain rolls, split and toasted
- 2 small tomatoes, each cut into 4 slices

INSTRUCTIONS:

ONE: In a small bowl, mash avocado with cilantro, lime juice and $\frac{1}{8}$ tsp salt; set aside.

TWO: Sprinkle chicken evenly with chile powder, $\frac{1}{4}$ tsp salt and pepper. Sprinkle pineapple slices with remaining $\frac{1}{8}$ tsp salt.

THREE: Heat a large grill pan on medium-high and brush with oil. Working in batches if necessary, grill chicken for 6 to 8 minutes, turning halfway, until no pink remains in center. Transfer chicken to a plate to rest for 4 to 5 minutes.

FOUR: Just when chicken comes off heat, add pineapple to grill pan and cook until grill marks appear, 2 to 3 minutes per side.

FIVE: Divide avocado over bottom halves of rolls. Top each with 2 pieces chicken, 1 pineapple slice and 2 tomato slices. Sandwich with tops of buns.

NUTRIENTS PER SERVING (1 SANDWICH):

CALORIES: 430, **TOTAL FAT:** 15 g, **SAT. FAT:** 3 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 43 g, **FIBER:** 9 g, **SUGARS:** 12 g, **PROTEIN:** 35 g, **SODIUM:** 624 mg, **CHOLESTEROL:** 78 mg

TUESDAY**COST PER PLATE
\$2.41****FULL RECIPE
\$9.65**

Stuffed Sweet Potatoes

WITH SPICY BLACK BEANS,
AVOCADO & LIME CREAM**SERVES 4. HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 1 HOUR, 10 MINUTES.**

This satisfying meatless dish combines sweet and tender sweet potato with spicy beans and creamy avocado and yogurt.

INGREDIENTS:

- Olive oil cooking spray
- 4 small sweet potatoes (about 3 oz each)
- $\frac{1}{2}$ tsp olive oil
- $\frac{1}{2}$ cup finely chopped red onion
- 1 tsp seeded and minced jalapeño chile pepper
- 1 tsp minced garlic
- $\frac{1}{4}$ tsp chile powder
- $\frac{1}{2}$ tsp sea salt, divided
- 1 15-oz BPA-free can unsalted black beans, drained and rinsed
- 1 cup finely chopped beefsteak tomato
- 2 tbsp finely chopped fresh cilantro leaves, divided
- $\frac{1}{2}$ tsp raw honey
- 1 tsp lime zest plus 1 tsp fresh lime juice, divided
- $\frac{1}{4}$ cup plain Greek yogurt
- 1 avocado, peeled, pitted and chopped

INSTRUCTIONS:

ONE: Preheat oven to 400°F. Line a large baking sheet with foil and mist with cooking spray. Prick potatoes all over with a fork and place on a baking sheet. Mist potatoes on all sides with cooking spray. Bake potatoes until

tender and golden brown on outside, about 55 minutes.

TWO: Meanwhile, heat a medium saucepan on medium and brush with oil. Add onion, jalapeño, garlic, chile powder and $\frac{1}{4}$ tsp salt and sauté until onion softens, about 6 minutes. Add beans, tomato, 1 tbsp cilantro, honey and lime juice; simmer for 5 minutes.

THREE: Prepare lime yogurt: In a small bowl, stir together yogurt and lime zest; set aside.

FOUR: Carefully transfer potatoes to serving plates. Cut each potato in half, slightly mashing and fluffing potato flesh with a fork. Sprinkle remaining $\frac{1}{4}$ tsp salt over potato flesh. Spoon bean mixture over potatoes and top with avocado, lime yogurt and remaining 1 tbsp cilantro.

NUTRIENTS PER SERVING (1 STUFFED POTATO):

CALORIES: 282, **TOTAL FAT:** 10 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 6 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 41 g, **FIBER:** 12 g, **SUGARS:** 10 g, **PROTEIN:** 10 g, **SODIUM:** 316 mg, **CHOLESTEROL:** 3 mg



WEDNESDAY

COST PER PLATE
\$3.83FULL RECIPE
\$15.33

Seared Scallops & Fennel Salad WITH PINK GRAPEFRUIT

SERVES 4. HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 30 MINUTES.

Wonderfully fresh and tender scallops are served on a bed of fennel and lettuce with a sweet and tart grapefruit dressing. If your budget allows, buy high-quality, dry-packed scallops, which are not packed in a phosphate preservative solution.

INGREDIENTS:

- 1 large pink grapefruit
- 1 tbsp olive oil, divided
- 1 tsp raw honey
- $\frac{1}{2}$ tsp whole fennel seeds, freshly ground in a spice grinder (yields about $\frac{1}{2}$ tsp plus $\frac{1}{8}$ tsp ground) (**NOTE:** You can also purchase ground fennel, but we suggest grinding your own as it tends to be more flavorful.)
- $\frac{1}{4}$ tsp sea salt, divided
- Pinch fresh ground black pepper
- 12 fresh sea scallops (about 1 lb), muscle removed, room temperature
- $\frac{3}{4}$ head red leaf lettuce, cored and torn into bite-size pieces
- $\frac{1}{2}$ large fennel bulb, halved, cored and thinly sliced
- 12 unsalted almonds, coarsely chopped and lightly toasted

INSTRUCTIONS:

ONE: Working over a bowl to catch the juices, peel then segment grapefruit. Strain grapefruit juice into a cup.

TWO: Prepare dressing: Transfer 3 tbsp juice to a small bowl and whisk in 2 tsp oil, 2 tsp water, honey, $\frac{1}{8}$ tsp ground fennel, $\frac{1}{8}$ tsp salt and pepper. Set aside.

THREE: Using a clean kitchen towel or paper towels, pat scallops dry on all sides. Season scallops evenly with remaining $\frac{1}{2}$ tsp ground fennel and remaining $\frac{1}{8}$ tsp salt.

FOUR: Heat a medium nonstick skillet on medium and brush with remaining 1 tsp oil. Cook half of scallops for about 5 minutes, flipping halfway, until just slightly firm when touched and very lightly golden brown on both sides. Transfer to a plate and cover to keep warm. Repeat with remaining scallops.

FIVE: Set aside 1 tbsp dressing. In a large bowl, toss lettuce and fennel with remaining dressing. Divide salad among serving plates. Top each with grapefruit segments and scallops. Drizzle reserved dressing over scallops and top with almonds.

NUTRIENTS PER SERVING (1/4 OF SALAD):

CALORIES: 175, **TOTAL FAT:** 6 g, **SAT. FAT:** 1 g, **MONO-UNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 1 g, **CARBS:** 15 g, **FIBER:** 3 g, **SUGARS:** 8.5 g, **PROTEIN:** 16 g, **SODIUM:** 591 mg, **CHOLESTEROL:** 27 mg



THURSDAY

COST PER PLATE
\$2.94

FULL RECIPE
\$11.75

Pastitsio

WITH ALMOND MILK BÉCHAMEL TOPPING

SERVES 4. HANDS-ON TIME: 40 MINUTES.
TOTAL TIME: 1 HOUR, 20 MINUTES.

Pastitsio is a Greek dish featuring cooked pasta, ground meat and a rich béchamel sauce. Here, we feature a lighter version with whole-wheat pasta, beans and lean beef.

INGREDIENTS:

- 2 cups whole-grain elbow macaroni or pasta shells (about 7 oz)
- 1/4 cup unsalted tomato purée (aka passata)
- 1/4 tsp fresh ground black pepper, divided
- 1 1/4 tsp olive oil, divided
- 6 oz lean ground beef
- 1 15-oz BPA-free can unsalted pinto beans, drained and rinsed (**TRY:** Eden Organic Pinto Beans No Salt Added)
- 1/2 cup finely chopped red onion
- 2 tbsp unsalted tomato paste
- 1 tsp minced garlic
- 1 tsp raw honey
- 1/2 tsp sea salt, divided
- 1/4 tsp dried thyme
- 1/4 tsp ground cinnamon
- 1/2 cup BPA-free canned unsalted white beans (such as navy or cannellini), drained and rinsed
- 3 tbsp white whole-wheat flour
- 2 cups unsweetened plain almond milk, warmed
- 1/2 cup grated Parmesan cheese
- 2 large egg yolks, beaten
- 1/2 tsp lemon zest
- Olive oil cooking spray
- 1 tbsp finely chopped fresh flat-leaf parsley leaves

INSTRUCTIONS:

ONE: Cook pasta al dente according to package directions. Drain and transfer to a large bowl. Stir in tomato purée and pinch pepper; set aside.

TWO: Meanwhile, heat a medium nonstick sauté pan on medium and brush with 1/4 tsp

oil. Add beef and sauté until no longer pink, breaking up with a spoon, about 7 minutes. Add pinto beans, onion, tomato paste, garlic, honey, 1/4 tsp salt, thyme, cinnamon and pinch pepper; sauté, stirring often, until onion softens, about 7 minutes. Pour beef mixture over pasta in bowl and stir.

THREE: In a small food processor, purée white beans with 1/4 cup water until smooth, about 40 seconds; set aside. (**TIP:** For added visual appeal, strain the mixture.)

FOUR: Heat a small to medium saucepan on medium and brush with remaining 1 tsp oil. Add flour and whisk until coated with oil, about 1 minute. Add warmed almond milk and increase heat to medium-high. Bring to a gentle boil, whisking often. Continue to cook and whisk until sauce is just thick enough to coat the back of a spoon, about 3 minutes. Remove pan from heat and stir in puréed beans, cheese, egg yolks, lemon zest, remaining 1/4 tsp salt and remaining pinch pepper. Whisk until smooth.

FIVE: Preheat oven to 350°F. Mist an 8-inch square baking dish with cooking spray and place on a baking sheet. Pour pasta mixture into dish, spreading and packing it in with a spatula. Pour béchamel sauce on top.

SIX: Bake, uncovered, until béchamel solidifies and turns golden brown, about 40 minutes. Set aside to cool at least 30 minutes before slicing and serving. (**TIP:** For the cleanest cut, chill pastitsio for 1 hour before slicing.) Garnish with parsley.

NUTRIENTS PER SERVING (1/4 OF CASSEROLE):

CALORIES: 495, **TOTAL FAT:** 12 g, **SAT. FAT:** 4 g, **MONO-UNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 1.5 g, **CARBS:** 69 g, **FIBER:** 12 g, **SUGARS:** 6 g, **PROTEIN:** 30.5 g, **SODIUM:** 553 mg, **CHOLESTEROL:** 127 mg

FRIDAY

COST PER PLATE
\$2.46

FULL RECIPE
\$9.85

Thai Grilled Chicken

WITH PEANUT LIME DIPPING SAUCE & TANGERINE RICE

SERVES 4. HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 1 HOUR.

This tender grilled chicken gets dressed with a rich, sweet and nutty peanut sauce. If you can't find a tangerine, use a navel orange instead.

INGREDIENTS:

- 1 cup long-grain brown rice
- 2 tbsp finely chopped fresh cilantro leaves, divided
- 1 tsp tangerine zest plus juice of 1 tangerine, divided
- 1 lb boneless, skinless chicken thighs, cut into 1-inch cubes
- 2 1/2 tbsp reduced-sodium soy sauce, divided
- 4 tsp raw honey, divided
- 1 1/2 tsp safflower oil
- 1 tbsp unsalted natural creamy peanut butter (**TRY:** Once Again Old Fashioned Natural Peanut Butter Creamy No Salt)
- 1/8 tsp lime zest plus 1/2 tsp fresh lime juice
- 1 tsp thinly sliced green onion (dark green part only)

EQUIPMENT:

- 2 to 3 metal or wooden skewers (soaked for 30 minutes if using wooden)

INSTRUCTIONS:

ONE: Cook rice according to package directions. Stir in 1 tbsp cilantro, 2 tsp tangerine juice and 1 tsp tangerine zest; set aside.

TWO: Meanwhile, to a large, resealable bag, add chicken, remaining tangerine juice, 1 tbsp soy sauce and 2 tsp honey. Marinate at room temperature for 15 minutes. Remove chicken from bag, reserving marinade. Thread chicken onto skewers, leaving 1/2- to 1-inch space between chicken pieces.

THREE: Pour reserved marinade into a small heavy saucepan and heat on medium-high. Bring to a boil and cook until liquid is reduced to 1 tbsp, 1 to 2 minutes.

FOUR: Heat a grill pan to medium-high and brush with oil. Grill chicken skewers for 10 to 12 minutes, turning halfway, until cooked through. Remove skewers from pan and brush chicken with sauce.

FIVE: Meanwhile, in a small bowl, whisk together peanut butter, remaining 1 1/2 tbsp soy sauce, remaining 2 tsp honey, lime zest and juice and green onion.

SIX: Divide rice and chicken among serving plates. Drizzle servings with peanut sauce and sprinkle with remaining 1 tbsp cilantro.

NUTRIENTS PER SERVING

(2/3 CUP RICE, 1/4 OF COOKED CHICKEN AND 3/4 TBSP PEANUT SAUCE):
CALORIES: 387, **TOTAL FAT:** 11.5 g, **SAT. FAT:** 2.5 g, **MONO-UNSATURATED FAT:** 3 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 45 g, **FIBER:** 3 g, **SUGARS:** 8 g, **PROTEIN:** 25 g, **SODIUM:** 451 mg, **CHOLESTEROL:** 104 mg



MONDAY

Tex-Mex Grilled Chicken Sandwiches

| | |
|---|--------|
| ○ 4 2-oz whole-grain rolls | \$1.50 |
| ○ 4 5-oz boneless, skinless chicken breasts | \$5.29 |
| ○ ½ fresh pineapple | \$0.31 |
| ○ 1 avocado | \$1.50 |
| ○ 2 small tomatoes | \$3.00 |
| ○ ¼ bunch fresh cilantro | \$0.04 |
| ○ 1 lime | \$0.66 |

Total: \$12.30

PANTRY STAPLES

| |
|-----------------------------|
| ○ Safflower oil |
| ○ Sea salt |
| ○ Fresh ground black pepper |
| ○ Chile powder |



TUESDAY

Stuffed Sweet Potatoes

| | |
|---|--------|
| ○ 1 15-oz BPA-free can unsalted black beans | \$2.12 |
| ○ 4 small (3-oz) sweet potatoes | \$3.49 |
| ○ 1 avocado | \$1.50 |
| ○ 1 small red onion | \$0.49 |
| ○ 1 jalapeño chile pepper | \$0.06 |
| ○ 1 large beefsteak tomato | \$0.75 |
| ○ 1 lime | \$0.66 |
| ○ ¼ bunch fresh cilantro | \$0.08 |
| ○ 1 clove garlic | \$0.03 |
| ○ ¼ cup plain Greek yogurt | \$0.47 |

Total: \$9.65

PANTRY STAPLES

| |
|---------------------------|
| ○ Olive oil |
| ○ Olive oil cooking spray |
| ○ Raw honey |
| ○ Sea salt |
| ○ Chile powder |



WEDNESDAY

Fennel Salad

| | |
|--------------------------------------|---------|
| ○ 12 fresh sea scallops (about 1 lb) | \$10.91 |
| ○ 1 large pink grapefruit | \$1.25 |
| ○ ½ large fennel bulb | \$1.75 |
| ○ ¾ head red leaf lettuce | \$1.09 |
| ○ 12 unsalted almonds | \$0.25 |
| ○ ½ tsp whole fennel seeds | \$0.08 |

Total: \$15.33

PANTRY STAPLES

| |
|-----------------------------|
| ○ Olive oil |
| ○ Raw honey |
| ○ Sea salt |
| ○ Fresh ground black pepper |



THURSDAY

Pastitsio

| | |
|---|--------|
| ○ 7 oz whole-grain elbow macaroni or pasta shells | \$0.98 |
| ○ 6 oz lean ground beef | \$2.27 |
| ○ ¼ cup unsalted tomato purée (aka passata) | \$0.29 |
| ○ 1 small red onion | \$0.49 |
| ○ 2 tbsp unsalted tomato paste | \$0.25 |
| ○ 1 lemon | \$0.50 |
| ○ 1 clove garlic | \$0.03 |
| ○ ¼ bunch fresh parsley | \$0.07 |

Total: \$9.85

FRIDAY

Thai Grilled Chicken

| | |
|--|--------|
| ○ 1 cup long-grain brown rice | \$0.37 |
| ○ 1 lb boneless, skinless chicken thighs (about 4) | \$6.00 |
| ○ 1 tangerine | \$2.50 |
| ○ 1 lime | \$0.66 |
| ○ 1 green onion | \$0.24 |
| ○ ⅛ bunch fresh cilantro | \$0.08 |

Total: \$9.85

PANTRY STAPLES

| |
|---|
| ○ Safflower oil |
| ○ Raw honey |
| ○ Reduced-sodium soy sauce |
| ○ Unsalted natural creamy peanut butter ☀ |

Total: \$11.75

PANTRY STAPLES

| |
|-----------------------------|
| ○ Olive oil |
| ○ Olive oil cooking spray |
| ○ Raw honey |
| ○ Sea salt |
| ○ Fresh ground black pepper |
| ○ Dried thyme |
| ○ Ground cinnamon |
| ○ White whole-wheat flour |

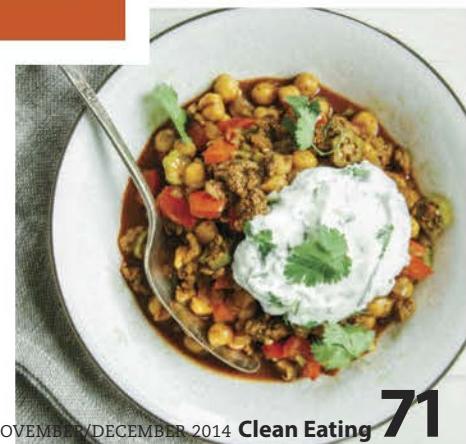


STAY TRIM through the Holidays

with our easy 2-Week Meal Plan

When holiday parties abound, it's easy to fall off the clean-eating wagon. In between those festive get-togethers, use our 2-week, waist-trimming plan to help keep you eating nutritious meals *effortlessly!*

BY HEATHER BAINBRIDGE, RD, CDN
RECIPE PHOTOGRAPHY BY LAURA WRIGHT



SHOPPING LIST: WEEK 1

PROTEINS & DAIRY

- 11 oz goat cheese
- ½ qt milk (dairy or unsweetened rice, almond or soy milk)
- ½ qt buttermilk
- 1 7-oz plus 1 17.6-oz container plain Greek yogurt (**TRY:** FAGE Total Classic)
- 1 16-oz container cottage cheese
- ½ dozen eggs
- 10 oz reduced-sodium deli-fresh sliced turkey breast
- 6.5 oz boneless, skinless chicken breasts
- 1 5-oz fillet wild Atlantic cod
- 1 lb medium shrimp
- 14-oz boneless pork loin chop
- 1 lb lean ground beef

VEGGIES & FRUITS

- 2 avocados
- 2 bananas
- 2 grapefruits
- 4 kiwi
- 2 lemons
- 1 lime
- 1 pineapple
- 4 oranges
- 5 pears
- 1 pomegranate
- 1 large bunch fresh cilantro
- 1 bunch fresh rosemary
- 12 oz baby spinach
- 1 bunch bok choy
- 1 bunch fresh flat-leaf parsley
- 1 head broccoli
- 8 oz carrots
- 1 large garden cucumber
- 1 large head garlic
- 6 oz fresh okra or 1 large green bell pepper
- 1 red bell pepper
- 2 red onions
- 2 large leeks
- 1 large bulb fennel
- 2 jalapeño chile peppers
- 1 sweet potato
- 3 tomatoes

NUTS, SEEDS & OILS

- 1 jar natural unsalted nut butter
- 5 oz raw unsalted walnuts
- 1 bottle extra-virgin olive oil (**TRY:** O-Live & Co Extra Virgin Olive Oil)
- 1 bottle safflower oil

WHOLE GRAINS

- 1 box whole-grain cereal
- 1 container old-fashioned rolled oats
- 2 5.5-oz boxes whole-grain crackers (**TRY:** Mary's Gone Crackers)
- 1 10-count pkg 8-inch whole-grain wraps
- 4 2-oz whole-grain rolls
- 1 loaf sprouted-grain bread (**TRY:** Food for Life Ezekiel 4:9 Sprouted Whole Grain Bread)
- 1 pkg quinoa
- 1 pkg farro (**TRY:** Bob's Red Mill Organic Farro)

EXTRAS

- 1 container hummus
- 2 8-oz containers low-sodium chicken broth
- 2 15-oz BPA-free cans unsalted chickpeas
- 28 oz BPA-free canned, jarred or boxed unsalted diced tomatoes with juices
- 1 tube or BPA-free can unsalted tomato paste
- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 1 small jar Dijon mustard
- 1 bottle balsamic vinegar
- 1 jar raw honey
- 1 bottle ground cumin
- 1 bottle chile powder
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 container baking powder
- 1 box baking soda
- 1 container unsweetened cocoa powder
- 6 oz frozen blueberries (**TRY:** Earthbound Farms Organic Frozen Blueberries)

WHAT ELSE DO YOU NEED?

MEAL PLAN: WEEK 1

| | BREAKFAST | MONDAY | TUESDAY |
|--|-----------|--|--|
| | | Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk  | 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers, pg. 76)  |
| | | ½ cup cottage cheese with 1 tbsp walnuts  | Pear Yogurt: Mix ½ cup Greek yogurt with 1 pear, chopped, and ½ tsp honey  |
| | | Turkey & Avocado Wrap: In 1 wrap, arrange 3 oz turkey, ¼ avocado, sliced, 2 tbsp goat cheese, ¼ cup cilantro, 1 tomato slice, pinch ground cumin 1 orange | Wintertime Tuna Salad A Remaining pomegranate  |
| | | 1 serving Savory Lemon Rosemary Blueberry Bread (see recipe, p. 76; save leftovers) | 1 oz crackers with 2 tbsp hummus |
| | | Rosemary Chicken: Top 5 oz chicken with 1 tsp each chopped rosemary and lemon juice; bake 1 sweet potato, baked; top with 2 tbsp goat cheese 2 cups chopped bok choy, steamed with ½ garlic clove, minced | 1 serving Beef & Chickpea Chili with Cooling Cucumber Cilantro Sauce (see recipe, p. 76; save leftovers)  |
| | | CALORIES: 1,601, FAT: 51 g, SAT. FAT: 17.5 g, CARBS: 200.5 g, FIBER: 37 g, SUGARS: 77 g, PROTEIN: 104 g, SODIUM: 2,285 mg, CHOLESTEROL: 213 mg | CALORIES: 1,675, FAT: 63.5 g, SAT. FAT: 18.5 g, CARBS: 193.5 g, FIBER: 34.5 g, SUGARS: 80 g, PROTEIN: 92 g, SODIUM: 1,749 mg, CHOLESTEROL: 207 mg |

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

EVOO = extra-virgin olive oil

MEAL PLAN

MEAL PLAN: WEEK 1

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|
| 1 egg, poached 1 slice bread, toasted 1 grapefruit  | 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers, p. 76), toasted and topped with 2 tbsp goat cheese 1 pear  | Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk  | 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers p. 76 defrosted) ½ cup cottage cheese  | Yogurt Crunch: Combine ¾ cup cereal, ¾ cup Greek yogurt, 1 pear, chopped, and 1 tbsp chopped walnuts  |
| 1 kiwi 10 walnuts | ½ cup cottage cheese with 1 kiwi, sliced | ½ cup Greek yogurt with 1 pear, sliced | Grapefruit Yogurt: Mix ½ cup Greek yogurt with 1 grapefruit, peeled and sectioned, and ½ tsp honey | 1 oz crackers with 1½ tbsp nut butter |
| 1 wrap with 1 serving Beef & Chickpea Chili with Cooling Cucumber Cilantro Sauce (leftovers, p. 76) 1 orange  | Turkey, Avocado & Cilantro Sandwich: Arrange 3 oz turkey, ¼ avocado, sliced, ¼ cup spinach, 2 tbsp cilantro and pinch black pepper between 2 slices bread 1 orange | 1 serving Tex-Mex Grilled Chicken Sandwiches with Avocado & Grilled Pineapple (see recipe, p. 67) 1 kiwi  | Nutty Pear Sandwich: 2 slices bread, toasted, with 1½ tbsp nut butter, ½ tsp honey and 1 pear, sliced 1 carrot, peeled and sliced | Turkey & Sautéed Veggie Wrap: Sauté ¾ cup spinach, ¼ cup chopped carrot and ½ clove garlic, minced, in ½ tsp EVOO. In 1 wrap, arrange sautéed veggies and 3 oz turkey 1 orange |
| 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers, p. 76) 1 oz turkey | 1 slice bread, toasted, with 1 tbsp nut butter | 1 oz crackers with ¼ avocado, mashed, and 1 tsp minced cilantro | Cheese & Fruit Tray: 1 kiwi, sliced, 1 tbsp goat cheese and 1 oz crackers | 1 carrot, peeled and sliced, with 2 tbsp hummus  |
| 1 serving Farro, Shrimp & Tomato Risotto (see recipe, p. 65)  | Sauté 5 oz cod with 1 tsp each EVOO, minced garlic and lemon juice; serve over 1 cup chopped bok choy, steamed and seasoned with salt and black pepper Broccoli Quinoa B | Mustard Garlic Pork Chop: Combine 1 tsp Dijon mustard, ¼ tsp each vinegar and minced garlic and pinch black pepper; spread over 4 oz pork chop; broil Broccoli Quinoa (leftovers) Spinach Salad C | Cheesy Egg Scramble: Scramble 1 egg with ½ tsp EVOO, ½ cup bok choy, chopped, ½ clove garlic, minced, and 2 tbsp goat cheese 2 slices bread, toasted Spinach Salad C | Season 5 oz chicken with 1 tbsp vinegar, ½ tsp honey and pinch each salt and black pepper; bake 2 cups steamed broccoli sprinkled with ¼ cup goat cheese ¾ cup cooked quinoa with 1 tbsp chopped walnuts |
| CALORIES: 1,554, FAT: 45.5 g, SAT. FAT: 9 g, CARBS: 215.5 g, FIBER: 50.5 g, SUGARS: 71.5 g, PROTEIN: 94 g, SODIUM: 1,464 mg, CHOLESTEROL: 430 mg | CALORIES: 1,755, FAT: 67 g, SAT. FAT: 15.5 g, CARBS: 189.5 g, FIBER: 41 g, SUGARS: 62 g, PROTEIN: 108 g, SODIUM: 1,900 mg, CHOLESTEROL: 164 mg | CALORIES: 1,794, FAT: 57 g, SAT. FAT: 17 g, CARBS: 241 g, FIBER: 43 g, SUGARS: 79 g, PROTEIN: 97 g, SODIUM: 1,357 mg, CHOLESTEROL: 199 mg | CALORIES: 1,619, FAT: 62 g, SAT. FAT: 21.5 g, CARBS: 204.5 g, FIBER: 36 g, SUGARS: 78 g, PROTEIN: 66 g, SODIUM: 1,731 mg, CHOLESTEROL: 332 mg | CALORIES: 1,661, FAT: 59 g, SAT. FAT: 16 g, CARBS: 204 g, FIBER: 46 g, SUGARS: 64 g, PROTEIN: 101 g, SODIUM: 1,707 mg, CHOLESTEROL: 192 mg |

A
Wintertime Tuna Salad: Combine 3 cups spinach, ¼ cup each pomegranate seeds, chopped broccoli and carrots, 3 oz tuna, ½ cup cooked quinoa, ¼ avocado, chopped, and 2 tbsp goat cheese; dress with 2 tbsp vinegar mixed with 1 tsp Dijon mustard and ½ tsp EVOO

B
Broccoli Quinoa: 1½ cups cooked quinoa mixed with 2 cups chopped broccoli, steamed, and 2 tsp chopped walnuts (eat half; save leftovers)

C
Spinach Salad: Combine 2 cups spinach, 2 tbsp each chopped carrot and cucumber, 1 tbsp goat cheese; dress with 1½ tbsp vinegar mixed with ½ tsp EVOO and ½ tsp honey

SHOPPING LIST: WEEK 2**PROTEINS & DAIRY**

- 6 oz goat cheese
- 4 oz Gruyère cheese
- 9 oz ricotta cheese
- 2 oz grated Parmesan cheese
- 1 17.6-oz container Greek yogurt (**TRY:** FAGE Total Classic)
- 1/2 qt milk (dairy or unsweetened rice, almond or soy milk)
- 1/2 qt buttermilk
- 1 1/2 oz organic unsalted butter
- 1 lb boneless, skinless chicken breasts
- 2 20-oz pork tenderloins (40 oz total)
- 1 4-oz boneless, skinless salmon fillet
- 4 oz filet mignon
- 1 all-natural veggie burger patty (**TRY:** Amy's California Veggie Burger)

VEGGIES & FRUITS

- 1 avocado
- 4 bananas
- 2 grapefruits
- 3 kiwi
- 3 oranges
- 6 pears
- 2 lemons
- 1 lime
- 1 bunch fresh basil
- 2 jalapeño chile peppers
- 10 oz carrots
- 1 large garden cucumber
- 1 small butternut squash
- 2 heads garlic
- 1 small eggplant (about 10 oz)
- 12 oz green beans
- 6 oz cremini mushrooms

WHAT ELSE DO YOU NEED?

- 6 oz assorted mushrooms (such as shiitake and oyster)
- 1 10-oz bag mixed salad greens

- 12 oz baby spinach
- 3 oz baby kale
- 1 small bunch fresh cilantro
- 1 bunch scallions
- 1 small red onion
- 1 small yellow onion
- 3 shallots
- 4 small sweet potatoes
- 1 vine tomato
- 1 large beefsteak tomato

WHOLE GRAIN

- 4 9 x 6-inch fresh oven-ready whole-grain lasagna sheets or 8 dry oven-ready whole-grain lasagna noodles
- 1 container whole-wheat bread crumbs
- 3 tbsp white whole-wheat flour

NUTS, SEEDS & OILS

- 4 oz dry-roasted soy nuts
- 1 bottle sesame oil
- 1 bottle olive oil

EXTRAS

- Olive oil cooking spray
- 1 15-oz BPA-free can unsalted black beans
- 1 container hummus
- 1 3-oz pouch wild albacore tuna (**TRY:** Wild Planet Wild Albacore Tuna)
- 2 8-oz containers low-sodium chicken broth
- 1 bottle dried thyme
- 1 bottle dried oregano
- 1 bottle ground nutmeg

MEAL PLAN: WEEK 2

| | MONDAY | TUESDAY |
|------------------------|---|---|
| BREAKFAST | Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and 3/4 cup milk  | Pear Crunch Oatmeal: Cook 1/2 cup oats in 3/4 cup milk and mix with 1 pear, chopped, and 2 tsp soy nuts |
| SNACK | 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers, p. 76, defrosted) | 1/2 cup sliced cucumber and 2 tbsp hummus  |
| LUNCH | Goat Cheese & Tomato Wrap: On 1 wrap, spread 2 1/2 tbsp goat cheese and top with 1/2 tomato, thinly sliced, 1 tbsp chopped scallions and 6 basil leaves 1 carrot, peeled and sliced, with 2 tbsp hummus 1 pear | 1 serving Roasted Rosemary & Thyme Pork Tenderloin with Green Bean Mushroom Casserole (leftovers, p. 77) 1 orange  |
| SNACK | 1 oz crackers with 1 tbsp nut butter  | 1 oz crackers with 1 tbsp nut butter Banana Smoothie: Blend 1 banana and 3/4 cup buttermilk with ice |
| DINNER | 1 serving Roasted Rosemary & Thyme Pork Tenderloin with Green Bean Mushroom Casserole (see recipe, p. 77; save leftovers)  | Season 4 oz salmon with 1 tsp each garlic and lemon juice and pinch each salt and black pepper; bake 3 cups spinach, sautéed with 1/2 tsp each sesame oil and minced garlic 3/4 cup cooked quinoa with 2 tsp soy nuts |
| TOTAL NUTRIENTS | CALORIES: 1,610, FAT: 61.5 g, SAT. FAT: 19 g, CARBS: 208.5 g, FIBER: 45 g, SUGARS: 70 g, PROTEIN: 85 g, SODIUM: 1,823 mg, CHOLESTEROL: 175 mg | CALORIES: 1,651, FAT: 62.5 g, SAT. FAT: 20.5 g, CARBS: 193 g, FIBER: 36 g, SUGARS: 76 g, PROTEIN: 93 g, SODIUM: 887 mg, CHOLESTEROL: 202 mg |

NOTE: Clean Eating shopping lists include all the items you'll need to prepare 70 meals for one adult (with leftovers). At the end of Week Two, freeze any unused items for future use.

EVOO = extra-virgin olive oil

MEAL
PLAN

MEAL PLAN: WEEK 2

| WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|
| Banana Cereal: Top 1 cup cereal with 1 banana, sliced, and ¾ cup milk  | Chocolate Nut Butter Oatmeal: Cook ½ cup oats in ¾ cup milk mixed with 2 tsp nut butter and ½ tsp cocoa powder | Cereal Banana Crunch: In a bowl, combine ¾ cup cereal, ¼ cup dry oats, 1 banana, sliced, 4 walnuts, chopped, and 1 cup milk  | Nut Butter & Pear Toast: 2 slices bread, toasted, with 1½ tbsp nut butter and 1 pear, sliced | Kiwi Crunch Parfait: In a container, layer 7 oz Greek yogurt, 1 kiwi, peeled and chopped, and ¾ cup cereal |
| 1 oz soy nuts  | 1 egg, hardboiled 1 orange | 1 carrot, peeled and sliced, with 2 tbsp hummus  | 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers, p. 76, defrosted), warmed  | 1 oz soy nuts 1 grapefruit  |
| Pork Tenderloin & Gruyère Sandwich: Between 2 slices bread, toasted, arrange 4 oz pork from Rosemary & Thyme Pork Tenderloin (leftovers, p. 77), 2 tbsp Gruyère, 1 thick slice tomato and ¼ cup mixed greens 1 pear | Veggie Burger: Between 2 slices bread, toasted, arrange 1 veggie burger patty, heated, with 1 slice tomato, 1 scallion, sliced, ¼ cup mixed greens and 2 tbsp hummus 1 kiwi  | 1 serving Stuffed Sweet Potatoes with Spicy Black Beans, Avocado & Lime Cream (see recipe, p. 67) | 1 serving Chicken Vegetable Pesto Wrap (leftovers, p. 77) 1 orange  | Shredded Pork Sandwich: On 1 wrap, arrange 4 oz Rosemary & Thyme Pork Tenderloin (leftovers, p. 77, defrosted), shredded, 2 tbsp goat cheese and 2 tbsp each diced scallions and tomatoes 1 kiwi |
| Grapefruit Yogurt: Mix ½ cup Greek yogurt with 1 grapefruit, sectioned, and ½ tsp honey | 1 serving Savory Lemon Rosemary Blueberry Bread (leftovers, p. 76, defrosted) 1 oz thinly sliced Rosemary & Thyme Pork Tenderloin (leftovers, p. 77) | 1 pear 1 oz Gruyère cheese | 1 oz thinly sliced Rosemary & Thyme Pork Tenderloin (leftovers, p. 77, defrosted), 1 tbsp goat cheese and ½ oz crackers | Leftovers Soup □ |
| Beef Chili Wrap: On 1 wrap, spoon 1 serving Beef & Chickpea Chili (leftovers, p. 76, defrosted) and ¼ cup mixed greens 2 cups mixed greens and ¼ cup chopped carrots dressed with 1½ tbsp vinegar mixed with ½ tsp EVOO | Tuna Salad □ ½ oz crackers 1 pear  | 1 serving Chicken Vegetable Pesto Wrap (see recipe, p. 77; save leftovers)  | Filet Mignon: Season 4-oz filet mignon with salt and black pepper; broil 4 oz sliced assorted mushrooms, 2 cups spinach and 1 clove garlic, minced, sautéed in 1 tsp EVOO ¾ cup cooked quinoa | 1 serving Cheesy Kale & Squash White Lasagna (see recipe, p. 60)  |
| CALORIES: 1,698, FAT: 45.5 g, SAT. FAT: 17 g, CARBS: 240 g, FIBER: 57.5 g, SUGARS: 87 g, PROTEIN: 109 g, SODIUM: 1,518 mg, CHOLESTEROL: 200 mg | CALORIES: 1,564, FAT: 53 g, SAT. FAT: 16.5 g, CARBS: 201.5 g, FIBER: 41 g, SUGARS: 73 g, PROTEIN: 88 g, SODIUM: 1,639 mg, CHOLESTEROL: 356 mg | CALORIES: 1,456, FAT: 50 g, SAT. FAT: 14 g, CARBS: 196.5 g, FIBER: 40 g, SUGARS: 65 g, PROTEIN: 71.5 g, SODIUM: 1,237 mg, CHOLESTEROL: 122 mg | CALORIES: 1,659, FAT: 64 g, SAT. FAT: 12.5 g, CARBS: 187 g, FIBER: 38 g, SUGARS: 49 g, PROTEIN: 95.5 g, SODIUM: 1,541 mg, CHOLESTEROL: 194 mg | CALORIES: 1,360, FAT: 52 g, SAT. FAT: 25 g, CARBS: 155 g, FIBER: 39 g, SUGARS: 51.5 g, PROTEIN: 88 g, SODIUM: 1,637 mg, CHOLESTEROL: 293 mg |

A
Tuna Salad:
Combine 2 cups mixed greens, 3 oz tuna mixed with ¼ cup Greek yogurt and 1 tbsp lemon juice, ¼ cup each chopped carrots and cucumber, ¼ cup crumbled goat cheese; dress with ½ tbsp vinegar mixed with 1 tsp Dijon mustard and ½ tsp EVOO

B
Leftovers Soup:
Heat ½ cup chicken broth, ½ cup water, 1 cup spinach, ½ scallion, chopped, and 1 oz Rosemary & Thyme Pork Tenderloin (leftovers, p. 77, defrosted), chopped; top with 2 tbsp torn basil

RECIPES: WEEK 1



Beef & Chickpea Chili

WITH COOLING CUCUMBER CILANTRO SAUCE

SERVES 5. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 45 MINUTES.

INGREDIENTS:

- 1 lb lean ground beef
- 3 cloves garlic, minced
- 2 jalapeño chile peppers, halved lengthwise, seeded and thinly sliced into half circles
- 1 red bell pepper, seeded and chopped
- 2 cups chopped red onion
- 1½ cups chopped fresh okra (or green bell pepper)
- 2 15-oz BPA-free cans unsalted chickpeas, drained and rinsed
- 2 tbsps ground cumin
- 2 tbsps chile powder
- 1 tbsp unsweetened cocoa powder
- 7-oz plain Greek yogurt
- ¾ cup peeled, seeded and chopped cucumber
- ¼ cup chopped fresh cilantro leaves

INSTRUCTIONS:

ONE: In a large nonstick pot on medium-high, add beef and garlic and cook for 3 minutes, breaking up beef with a spoon. Add jalapeños, red bell pepper, onion and okra and cook for 8 minutes, stirring occasionally, until beef is cooked through.

TWO: Stir in chickpeas, cumin, chile powder and cocoa powder. Cook for 20 minutes, stirring often to prevent sticking. Add 1 cup water and continue cooking, stirring occasionally, until water evaporates, about 8 minutes.

THREE: Meanwhile, prepare sauce: In a small bowl, combine yogurt, cucumber and cilantro. To serve, divide chili among bowls and top with sauce.

TIP: If following our Meal Plan, refrigerate 1 serving of chili and yogurt sauce and freeze 1 additional serving of chili only.

NUTRIENTS PER SERVING (1½ CUPS CHILI AND ½ CUP YOGURT SAUCE):

CALORIES: 389, **TOTAL FAT:** 12.5 g, **SAT.** FAT: 5 g, **MONOUNSATURATED FAT:** 3.5 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 38 g, **FIBER:** 11.5 g, **SUGARS:** 10 g, **PROTEIN:** 33 g, **SODIUM:** 323 mg, **CHOLESTEROL:** 63 mg

Savory Lemon Rosemary Blueberry Bread

MAKES 1 LOAF (10 SLICES).
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 1 HOUR, 20 MINUTES.

INGREDIENTS:

- 2½ cups old-fashioned rolled oats
- ½ tsp baking powder
- 1 tsp baking soda
- ½ tsp sea salt
- 2 eggs
- ¾ cup buttermilk
- ¼ cup safflower oil
- ¼ cup raw honey
- 2 tbsps lemon zest plus 2 tbsps fresh lemon juice, divided
- 1 cup frozen blueberries (not thawed)
- ½ cup chopped unsalted walnuts
- 2 tbsps chopped fresh rosemary leaves

INSTRUCTIONS:

ONE: Preheat oven to 375°F. In a food processor or blender, blend oats to the consistency of flour; set aside 2 tbsps oat flour. (**NOTE:** If

following our 2-week Meal Plan, grind extra oat flour for use in the Roasted Rosemary & Thyme Pork Tenderloin with Green Bean Casserole.) In a large bowl, mix remaining oat flour, baking powder, baking soda and salt. In a medium bowl, whisk eggs, buttermilk, oil, honey and lemon juice. Fold wet ingredients into dry ingredients, stirring to combine.

TWO: Toss reserved 2 tbsps oat flour with blueberries. Fold blueberries, walnuts, rosemary and lemon zest into batter, stirring gently.

THREE: Line an 8 x 4-inch loaf pan with parchment paper. Pour batter into pan, spreading evenly. Bake for 65 to 70 minutes, until a toothpick inserted into center comes out clean. Let loaf cool in pan for 10 minutes before removing to a wire rack to cool completely.

TIP: If following our Meal Plan, save leftovers, plus individually wrap and freeze 4 slices and defrost when called for.

NUTRIENTS PER SERVING (1/10 OF LOAF):

CALORIES: 210, **TOTAL FAT:** 11 g, **SAT. FAT:** 1.5 g, **MONOUNSATURATED FAT:** 2 g, **POLYUNSATURATED FAT:** 7 g, **CARBS:** 24.5 g, **FIBER:** 3 g, **SUGARS:** 10 g, **PROTEIN:** 5 g, **SODIUM:** 338 mg, **CHOLESTEROL:** 39 mg



RECIPES: WEEK 2



Roasted Rosemary & Thyme Pork Tenderloin

WITH GREEN BEAN MUSHROOM CASSEROLE

SERVES 4 (PLUS 20 OZ PORK FOR LEFTOVERS). HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.

INGREDIENTS:

- 5 cloves garlic, minced, divided
- 3 tbsp chopped fresh rosemary leaves
- 1 tbsp plus 1 tsp dried thyme, divided
- 1¼ tsp ground black pepper, divided
- 2 20-oz pork tenderloins, trimmed
- 12 oz green beans
- 2 tsp safflower oil
- 2 oz mushroom blend, sliced (**TRY:** shiitake and oyster mushrooms)
- 6 oz cremini mushrooms, sliced
- 1 cup thinly sliced shallots
- ¼ tsp sea salt
- 1½ tbsp oats, ground into flour (or substitute 1 tbsp whole-wheat flour)
- ½ cup buttermilk
- ½ cup low-sodium chicken broth
- ⅔ cup shredded Gruyère cheese, divided
- 1½ tbsp whole-wheat bread crumbs

INSTRUCTIONS:

- ONE:** Preheat oven to 400°F.
TWO: In a small bowl, combine 4 cloves garlic, rosemary, 1 tbsp thyme and ¾ tsp pepper. Place tenderloins on a work surface. Make six ¼-inch-deep slits along length of pork. Spread garlic rub onto pork, pressing it into slits. Transfer tenderloins to a large roasting pan with rack and roast for 30 to 35 minutes, or until pork registers 145°F when tested with a thermometer in thickest part. Remove pork and set aside, covering loosely with foil for 10 to 15 minutes.

- THREE:** Meanwhile, fill a large pot with water and bring to a boil. Add green beans and cook for 2 minutes, until bright green. Drain and plunge into a large bowl filled with ice water; set aside for 5 to 8 minutes, then drain. Cut beans into 2-inch pieces.

- FOUR:** Meanwhile, in a large skillet on medium-high, heat oil. Add mushrooms and sauté for 3 to 5 minutes until mushrooms release their juices. Reduce heat to medium and add shallots, remaining 1 clove garlic, remaining 1 tsp thyme, remaining ½ tsp pepper and salt. Cook, stirring constantly, until shallots become translucent, about 2 to 3 minutes. Sprinkle in oat flour; stir to coat. Slowly add buttermilk and continue to cook, stirring until buttermilk starts to thicken and mixture is creamy, 1 to 2 minutes. Stir in broth and green beans. When broth is absorbed, after 1 to 2 minutes, stir in ½ cup cheese.

- FIVE:** Transfer mixture to an 8-inch square baking dish. Sprinkle bread crumbs and remaining cheese over top. Cover with foil and bake for 15 to 20 minutes, until bubbling. Remove and let cool for 5 minutes. Slice pork and serve with casserole on the side.

TIP:

If following our Meal Plan, slice 1 whole cooked pork tenderloin; cover and freeze 6 oz, and refrigerate remaining. Refrigerate at least 1 serving of casserole.

NUTRIENTS PER SERVING

(5 OZ PORK AND ¼ OF CASSEROLE):

CALORIES: 358, **TOTAL FAT:** 13.5 g, **SAT. FAT:** 5.5 g, **MONOUNSATURATED FAT:** 4 g, **POLYUNSATURATED FAT:** 3 g, **CARBS:** 22 g, **FIBER:** 5 g, **SUGARS:** 7 g, **PROTEIN:** 39 g, **SODIUM:** 361 mg, **CHOLESTEROL:** 98 mg

INSTRUCTIONS:

- ONE:** Preheat oven to 500°F. Mist a large rimmed baking sheet with cooking spray. Sprinkle ¼ tsp salt over eggplant. Sprinkle ¼ tsp salt, black pepper and 1½ tbsp lemon juice over chicken. Place chicken and eggplant on opposite sides of baking sheet. Roast for 18 to 20 minutes, until chicken is no longer pink inside and juices run clear.

- TWO:** Meanwhile, in a food processor or blender, blend soy nuts, basil, garlic, jalapeño (if using) and remaining 2 tsp lemon juice until finely processed. Slowly add sesame and olive oils and pulse to combine. Add remaining ¼ tsp salt; purée until well blended.

- THREE:** To assemble wraps, spread pesto on 1 side of each wrap, dividing evenly. Among wraps, divide greens, chicken, eggplant, carrots, cucumber and scallions. Fold wrap to enclose fillings.

- TIP:** If following our Meal Plan, wrap up 1 sandwich as leftovers or reserve filling and assemble when called for.

NUTRIENTS PER SERVING (1 WRAP):
CALORIES: 386, **TOTAL FAT:** 14 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 7 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 33.5 g, **FIBER:** 8 g, **SUGARS:** 3 g, **PROTEIN:** 32.5 g, **SODIUM:** 457 mg, **CHOLESTEROL:** 63 mg

Chicken Vegetable Pesto Wrap

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

INGREDIENTS:

- Olive oil cooking spray
- ½ tsp sea salt, divided
- 1 small eggplant (about 10 oz), trimmed and sliced into 3 x ¼-inch strips
- ¼ tsp fresh ground black pepper
- 1½ tbsp plus 2 tsp fresh lemon juice, divided
- 1 lb boneless, skinless chicken breasts, sliced into 4-inch strips
- ¼ cup dry-roasted soy nuts
- 1 cup packed fresh basil leaves
- 2 cloves garlic
- 1 jalapeño chile pepper, seeded (optional)
- 2 tsp sesame oil
- 1 tbsp extra-virgin olive oil
- 4 8-inch whole-wheat tortilla wraps
- 1 cup mixed greens, chopped
- 1 carrot, peeled and cut into matchsticks
- ½ cup cucumber ribbons (**TIP:** Cut into thin strips with a vegetable peeler)
- 2 scallions, chopped (green and white parts)



FRANCE

A Holiday GRAND MARNIER SOUFFLÉ

Treat yourself and your guests to a super-easy, super-impressive dessert.

BY JILL SILVERMAN HOUGH, PHOTOGRAPHY BY LAURA WRIGHT



JILL
SILVERMAN
HOUGH

A culinary instructor, recipe developer and most recently co-author of *The Clean Plates Cookbook: Sustainable, Delicious, and Healthier Eating for Every Body* (Running Press, 2012), Hough takes great enjoyment in helping readers create cleaned-up versions of popular international dishes at home with ease. For more of her recipes, visit jillhough.com.

Perhaps the perfect holiday dessert, a soufflé is extremely high on the ooh and aah scale, yet it's surprisingly easy to elicit those oohs and aahs. Contrary to what you might think, making a soufflé is, well, a piece of cake.

That's because pretty much every soufflé, whether savory or sweet, cheese or chocolate, is made using the same simple method: You create a flavorful base, starting with flour and butter, incorporate egg yolks and then you combine that base with whipped egg whites. The heat of the oven causes the air trapped in the egg whites to expand, making the soufflé rise impressively.

As the French would say, *et voilà!*

Yesterday's soufflé

Even the name is simple — soufflé translates to “puffed up” in French.

The soufflé is thought to have been invented in the late 1700s, and by the early 1800s its ability to impress was noted in Louis Ude's cookbook *The French Cook*, a work that promised “a new method of giving good and extremely cheap fashionable suppers.”

Indeed, what ingredient is cheaper than air?

The soufflé of today

Today, savory soufflés come in flavors like spinach and asparagus, ham, cheese and even chicken and fish. Dessert soufflés can be made with fruity bases such as lemon and raspberry, or they can be flavored with chocolate, nuts and flavorful liquids such as coffee and liqueur.

With all these options, you'll be happy to know that it's relatively easy to make a clean soufflé, substituting white whole-wheat flour for all-purpose and organic evaporated cane juice for sugar.

My recipe bends the rules a tad and includes special-for-the-holidays Grand Marnier liqueur, but during the rest of the year, try it with fresh orange juice instead. And though this version strikes a nice balance, you can even experiment with fewer egg yolks and more egg whites.

Say *bonjour* to the soufflé this holiday season; once you've met, you might find yourself getting together a little more often.

SECRETS FOR SUCCESSFUL SOUFFLÉS

Since a soufflé's impressive puff and texture depend on air bubbles trapped inside, pay a little attention to that air:

After stirring the first cup of egg whites into the base, be sure to fold in – not stir in – the remaining whites. Folding keeps the air bubbles intact.

While the soufflé is baking, don't open the oven to check on it, which can lower the temperature and disrupt rising. Use the oven light to check for browning on top.

Once out of the oven, every soufflé will slowly deflate. So for the biggest impact, make sure everyone is seated and ready for the ta-da moment. In other words, have your guests waiting for the soufflé, not the other way around.

Grand Marnier Soufflés

SERVES 6. HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 55 MINUTES.

Soufflés can be individual-sized, made in small ramekins, or big enough to serve a crowd. Ours are the former. You can prepare them up to 4 hours in advance through Step 4, then hold them in the refrigerator (uncovered) until you're ready to bake. In the case of early prep, add 5 to 7 minutes to cooking time.

INGREDIENTS:

- Neutral-flavored cooking spray (such as safflower oil or grape seed oil)
- 5 large eggs, separated, plus 2 large egg whites
- 1 cup whole milk
- 1½ tsp pure orange extract
- 3 tbsp organic unsalted butter
- 3 tbsp white whole-wheat flour
- ¼ cup plus 1½ tsp organic evaporated cane juice, divided
- ¼ tsp sea salt

- ¾ tsp cream of tartar
- ¼ cup Grand Marnier or other orange-flavored liqueur

INSTRUCTIONS:

ONE: Preheat oven to 375°F. Mist 6 8-oz ramekins with cooking spray and arrange on a rimmed baking sheet. In a medium bowl, whisk together egg yolks, milk and orange extract; set aside.

TWO: In a large saucepan on medium, melt butter. Whisk in flour, ¼ cup cane juice and salt. Cook, whisking occasionally, for 5 minutes, until slightly browned. Slowly whisk in milk mixture and cook, whisking constantly, until smooth and custard-like, about 1 minute. Remove from heat and set aside to cool.

THREE: Meanwhile, using a mixer on high speed, beat egg whites until foamy. Add

cream of tartar and continue beating until stiff peaks form.

FOUR: Stir Grand Marnier and about 1 cup egg white mixture into flour mixture. Fold in remaining whites in 3 additions and then divide batter among prepared ramekins.

FIVE: Sprinkle top of each soufflé with ¼ tsp of remaining cane juice. Bake until nicely browned on top and a toothpick inserted into center comes out almost entirely clean, about 25 minutes. Serve immediately.

NUTRIENTS PER SERVING (1 SOUFFLÉ):

CALORIES: 220, TOTAL FAT: 11 g, SAT. FAT: 6 g, MONOUNSATURATED FAT: 4 g, POLYUNSATURATED FAT: 1 g, CARBS: 20 g, FIBER: 0 g, SUGARS: 17 g, PROTEIN: 8 g, SODIUM: 176 mg, CHOLESTEROL: 174 mg ☀



MAKE IT AN EASY-PEASY **MEATLOAF NIGHT**

Take a break this holiday season with Tosca's rustic and impossibly easy meatloaf, packed with clean-eating veggies only you will know are there.

Although I'm not a parent to young children anymore, I do have school-aged daughters who worry about how to feed themselves through the busy semesters of another school year. When they are home we work together in the kitchen to create meals with the freshest produce we can find, depending on the time of year.

I'm not much of a menu planner in the sense that I know exactly what I'm making for each meal of the week. I tend to rely on what the season provides, knowing that whatever fruits, vegetables and herbs are locally available are at their nutritional peak and are generally cheaper. Have you tried buying fresh strawberries in January?

They are prohibitively expensive and taste like straw.



IN THE KITCHEN, the group of us will forage in the refrigerator for the foundations of a clean-eating meal. Chelsea may pull out kale, as that girl never turns down a good kale salad. Kelsey loves her greens – she will eat any green vegetable! Ask her to try purple cauliflower though and we have no deal. But she will roast and boil, bake and grill and create delicious sauces to accompany her selections. I am generally responsible for the protein component of our meals. What will it be? Sometimes it's local grass-fed bison, Blue Goose chicken or my favorite, freestyle meatloaf, which is a meal in itself. While the girls chop, shred and compose their vegetables into salads and sides, I'm at work finding new ways to make that meatloaf pop.

I start with lean cuts of meat that my local butcher will grind for me. The mix often contains turkey breast, bison, lean pork chops and chicken. Two pounds of ground meat make a whopping big meatloaf that you think will last the week but is so delicious, you may be surprised how fast it goes. I reach for a giant mixing bowl and begin to build the flavor base. Because I am such a fan of vegetables and am always looking for unique ways to hide more of them in recipes, I go to work assembling an array for the meatloaf.

THIS THING IS A WORK OF WONDER WHEN IT COMES OUT OF THE OVEN; IT WILL SMELL SO HEAVENLY YOUR FAMILY MEMBERS WILL COME RUNNING, WANTING TO KNOW WHEN IT'S TIME TO EAT

Into the bowl of the food processor I place a large onion, peeled and cut into chunks, several cloves of garlic as well as four stalks of celery, leaves and all, a large carrot and a heaping handful of fresh parsley. If you like heat, add a fresh jalapeño or banana pepper, making sure to remove the seeds and veins.

You see where I am going with this, right? Although this is a meatloaf, and that is how I am selling it, it is chock-full of vegetables. So whether your kids like veggies or not, they are going to get them because after I am finished building the flavor base, they won't be able to resist this meatloaf, hot or cold. I pulse the vegetables in the food processor until they're uniformly chopped; no chunks should remain. This mixture gets dumped into the big mixing bowl along with a cup of gluten-free oat bran and $\frac{1}{4}$ cup of ground flaxseed. Now the seasonings are introduced. I go a bit crazy here adding smoked paprika, espresso powder (it's really good in meatloaf), turmeric for its cancer-protective power, Worcestershire sauce, Sriracha sauce, a few tablespoons of dried Italian seasoning, summer savory leaf and some salt and pepper. I like to add two whole organic eggs and a cup of tomato sauce to the base too.

Now comes the fun. First, prepare your baking sheet. I like to use a Pampered Chef baking stone with a lip. Line the sheet with parchment paper. Here's a hot tip I learned from my chef friend Pia: Crumple up the parchment paper before

laying it on your baking sheet so that it will sit better and not move around or fly away while you're mixing the meatloaf ingredients. Next, rinse your hands under cold water and dig into your big bowl of ingredients. The best way to mix is not by squeezing but by turning the mixture over and over with your hands until it looks like all the ingredients have been combined uniformly. Gently incorporated meatloaf is always more moist and tender.

When it looks as if you have the perfect consistency, simply dump the entire mixture onto the lined baking stone or sheet. Sculpt the meat into a long, large, fairly flat loaf. Stand back and admire your work. If it looks ready for baking, pop it into a preheated 350°F oven and bake for anywhere from 45 to 60 minutes. This thing is a work of wonder when it comes out of the oven; it will smell so heavenly your family members will come running, wanting to know when it's time to eat.

Let the loaf cool on a wire rack for about 15 minutes and then cut it into slices. You can serve it hot right away for your family supper along with delicious sides like tomato salad and a spicy potato salad. The reason the meatloaf is so big is that I wanted you to have leftovers. Whatever you haven't eaten for dinner becomes the basis for your child's lunchtime sandwich or wrap. Pack some raw vegetables and a small container of hummus and lunch becomes a healthy breeze.

When **nutritional therapy practitioner Tosca Reno** was raising five children under one roof she still managed to write numerous books. Her *New York Times* best seller is *Your Best Body Now* (Harlequin, 2010), and *Tosca Reno's Eat Clean Cookbook* (Robert Kennedy Publishing, 2009) was nominated for the prestigious Gourmand World Cookbook Award. Order copies of her books at toscareno.com.



Tips to make your meatloaf festive

1. Serve slices of meatloaf with cranberry sauce or applesauce.
2. Glaze top of loaf with a mixture of 1 tbsp Dijon mustard, 3 tbsp apple butter and 1 tsp Worcestershire sauce.
3. Replace ground beef or bison with ground turkey and dress the top of the meatloaf with layers of thick, all-natural, nitrate- and nitrite-free bacon.
4. Replace the oats, grains or bread you use in the meatloaf with ground turkey and add plenty of sage and poultry seasoning.
5. Add dried cranberries to the meat mixture.

Want a good recipe for hummus?

HUMMUS is a longtime family standby that we make twice a week, so we have this one down. It is a piece of cake if you have a food processor.

INSTRUCTIONS:

Combine chickpeas, garlic, tahini, the juice of a few lemons, some Za'atar and turmeric and process. Bam! Done!

I have made it mandatory that my daughters know what to do in the kitchen besides make a mess. Now I see them teaching their friends how to cook. My theory was always that they had to know how to make at least five recipes really well so they would never starve out there in the big world. They have mastered many more than five because they love the whole experience of creating delicious, uncomplicated, budget-friendly foods. Bring your family into the kitchen too! ☺



HOT TIPS

BPA-free and dishwasher-safe, OXO Good Grips 4-Piece Baker's Silicone Decorating Bottle Kit is a fun way to decorate. This kit comes with three stainless steel tips for all your creative masterpieces.

\$10, oxo.com



TRUSTY CRUST

The Emile Henry Artisan Pie Dish provides a beautifully rustic base for all your holiday pies and also makes a lovely gift. Shaped from Burgundian clay, this microwave-, oven-, freezer-, broiler- and dishwasher-safe dish retains heat evenly for a perfectly browned crust.

\$46, williams-sonoma.com

Fun & Festive Gear

Cool culinary tools for the season.

BY LAURA SCHOBER



PORTION PLATES

Avoid overeating and take the guesswork out of serving sizes with the Livliga Elegant Portion Control Hälsta Dinnerware Set. The portion sizes of this color-coded dinnerware set are based on USDA recommendations, and the plates, bowls and mugs are proportionally designed with wide rims to make serving sizes look more fulfilling even though they're the right size. \$199 for 16-pc set, livligahome.com

UNCORKED ▶

For the wine lovers in your life, the Trudeau Stress Less Automatic Lever Corkscrew with Foil Cutter conveniently and easily removes the cork in two quick and easy steps. \$90, shoptrudeau.com



SHARP STORAGE

The Victorinox Swiss Army Swivel Knife Block with Tablet Holder houses up to 11 knives, one set of kitchen shears and a honing steel. Swiveling the base of the block reveals a handy ledge for your tablet or cookbook.

\$50, bedbathandbeyond.com





◀ STRAIN, SOAK & SPROUT

From straining nut, seed and coconut milks to soaking and sprouting seeds, there are seven different ways to use Withlove Naturals Pure & Simple Nut Milk Bags, perfect for DIY foodies.

\$20, amazon.com



BAKER'S DELIGHT ▶

Equipped with 15 automatic settings, from whole-wheat to gluten-free options, as well as three loaf sizes and three crust settings, the T-fal ActiBread Breadmaker makes easy work of churning out mouthwatering holiday breads, doughs, loaves, cakes and jams.

\$180, tfalusa.com



SEASONAL SWEETS

Made in India by local artisans, each hand-crafted Ten Thousand Villages Reindeer Delight Candy Dish purchased directly benefits the livelihoods of the artisans who made it. Next time you're hosting a holiday celebration, fill this jolly bowl with clean goodies, nuts or popcorn.

\$20, tentousandvillages.com

KEEP IT FRESH

Made of hemp and certified organic cotton fabric infused with beeswax, tree resin and jojoba oil, the Abeego Variety Pack in Keep Your Options Open contains three reusable wraps perfect for keeping cheeses, breads and produce fresh, or for covering containers and storing leftovers.

\$18, abeego.com



PERSONAL TOUCH

Customized gifts are always a nice surprise, and the 18-inch Personalized Lazy Susan doesn't disappoint. This gorgeous maple-wood serve plate makes a memorable gift with the option of inscribing a name or special message for the recipient.

\$150, redenvelope.com



Editors' Choice

FOOD SHOOTERS ▶

Whether they're uploading their newest recipe creation to Instagram or snapping pics of a just-served meal at the new hot spot, shutterbugs will love the olloclip 4-in-1 Photo Lens. The set includes fisheye, wide-angle and two macro lenses to help achieve professional-quality results when shooting.

\$70, olloclip.com



Next Issue

Hits newsstands January 6, 2015

The Start Here Issue

YOUR CLEAN LIFE STARTS HERE!

Our top tips and tricks for organizing your kitchen for clean-eating success.



Energizing, high-protein grain-free recipes.



Meet your new staples: make-ahead freezer meals and grab 'n' go snacks.

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eat smart // try this... with that

Mix 'n' Match Meals

Low-calorie pairings to make eating clean a breeze this holiday!

MENU 1 WINTER COMFORT:



= 372

Calories

Chicken Chasseur, p. 61
Cauliflower Mashed Potatoes with Dill, p. 47

MENU 2 LAISSEZ-FAIRE LUNCH:



= 561

Calories

Seared Scallops & Fennel Salad with Pink Grapefruit, p. 68
Chicken Vegetable Pesto Wrap, p. 77

MENU 3 HOLIDAY BAKE CLUB:



= 272

Calories (when shared with 1 other person)

Savory Lemon Rosemary Blueberry Bread, p. 76
Spice Cake with Maple Cream Cheese Frosting, p. 39

MENU 4 THE NIGHT BEFORE CHRISTMAS:



= 578

Calories

Roasted Rosemary & Thyme Pork Tenderloin with Green Bean Mushroom Casserole, p. 77
Grand Marnier Soufflés, p. 79

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Go Ahead, Ask Me Anything!

Why don't they eat beans and lentils on the Paleo diet? I thought beans were such a healthy food!

JONNY BOWDEN, PhD, CNS

A Beans are a healthy food, and they are also food *non grata* on the Paleo diet. Without necessarily agreeing with my Paleo friends, let me explain the seeming paradox.

The idea behind the Paleo diet is that many of today's health problems are caused by foods and food products that are relatively new in human history. So the Paleo diet is about eating foods that our caveman ancestors ate, which included foods we could hunt, fish, gather or pluck – no grains or beans. But there's another reason the Paleo crowd doesn't like beans: lectins

– or carbohydrate-binding proteins that plants developed to ward off insect predators. "Lectins can bind with almost any tissue in our bodies and wreak havoc," writes Loren Cordain, PhD, in his book, *The Paleo Diet* (John Wiley & Sons, 2002).

Because of the lectin factor, other modern Paleo gurus like Mark Sisson, Robb Wolf and Esther Blum, ban beans and legumes as well. "Grains contain lectins which can damage the gut lining, which increases inflammation and is a newly discovered feature of not only autoimmune disease but

also insulin resistance and liver pathology," writes Wolf in *The Paleo Solution* (Victory Belt Publishing, 2010). (The lectins found in beans and other foods are also thought to contribute to the above conditions.) In her book, *Cavewomen Don't Get Fat* (Gallery Books, 2013), Blum calls lectin "gluten's sidekick" and notes that "lectin overload" can aggravate a number of health problems, including inflammation in the gut.

On the other hand, beans have some of the highest antioxidant firepower in the food kingdom. And they're the highest-fiber food I know of, with 10 to 19 grams per serving. They also have a vanishingly low glycemic load. If you want to give the Paleo diet a try for 30 days, I see nothing wrong with trying it, and you may discover that you feel a lot better on it. But for most people, I think beans and legumes are terrific foods to consume. ☺

BEAN PHOTO: JIANG HONGYAN/SHUTTERSTOCK.COM

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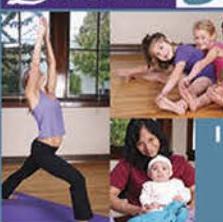
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Spiced Chocolate Mousse

WITH MAPLE WHIPPED TOPPING & CANDIED PECANS

SERVES 10. HANDS-ON TIME:
40 MINUTES. **TOTAL TIME:**
40 MINUTES (PLUS CHILLING TIME).

Yogurt and cream combine to create this extra-velvety mousse. We suggest opting for organic and/or pasture-raised dairy whenever possible.



INGREDIENTS:

- 1 cup heavy cream
(TRY: Organic Valley Pasteurized Heavy Whipping Cream)
- 1 cup whole-milk Greek yogurt
- 3 tbsp pure maple syrup
- 8 oz 70% dark chocolate
- 1 tsp ground cinnamon
(TRY: Simply Organic Ground Cinnamon)
- ¼ tsp ground allspice
- ¼ tsp ground nutmeg
- ¼ tsp fine sea salt
- ⅛ tsp ground cayenne pepper, optional

CANDIED PECANS

- ¾ tsp organic unsalted butter
- 1 tbsp raw honey
- ½ cup unsalted pecans
- ¼ tsp coarse sea salt

WHIPPED TOPPING

- ⅔ cup heavy cream
- 4 tsp whole-milk Greek yogurt
- 1 tbsp pure maple syrup

INSTRUCTIONS:

ONE: In a large bowl, using an electric mixer on high, beat together 1 cup cream and 1 cup yogurt into soft peaks, about

5 minutes. Add 3 tbsp maple syrup and mix thoroughly. Using a double boiler on low, melt chocolate, stirring frequently. Remove from heat and add cinnamon, allspice, nutmeg, fine salt and cayenne (if using) and stir. Allow to cool slightly (you can leave chocolate mixture in the double boiler off the heat), then gently fold into whipped cream mixture until blended. Spoon into individual ramekins and transfer to fridge for at least 3 hours or overnight to set.

TWO: Prepare candied pecans: Preheat oven to 350°F. Line a baking sheet with parchment paper. In a small saucepan, melt butter and add honey, stirring constantly until blended. Turn off heat, add pecans and stir to coat. Spread onto sheet and

transfer to oven for 20 minutes. Remove from oven and sprinkle with coarse salt. Cool to room temperature, then transfer to a covered container until ready to serve.

THREE: Meanwhile, prepare whipped topping: In a medium bowl, using an electric mixer on high, beat together ⅔ cup cream and 4 tsp yogurt into soft peaks, 3 to 5 minutes. Add 1 tbsp maple syrup and beat until well blended. Refrigerate until ready to serve. Just before serving, top mousse with whipped topping and sprinkle with pecans.

NUTRIENTS PER SERVING (½ CUP):

CALORIES: 371, **TOTAL FAT:** 31 g, **SAT. FAT:** 17 g, **MONOUNSATURATED FAT:** 10 g, **POLYUNSATURATED FAT:** 2 g, **CARBS:** 20 g, **FIBER:** 3 g, **SUGARS:** 15 g, **PROTEIN:** 5 g, **SODIUM:** 114 mg, **CHOLESTEROL:** 61 mg

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